

in the news

INSIDE

Rain, a serious problem which strikes all members of the MIT Community at one time or another, is the topic of a commentary by USC from Cambridge.

The MIT community now has two easy ways to help the Red Cross — they can now give either their blood or their money.

p4

LSC's marshmallow roast celebrating the monumental failure of *Monty Python Meets Beyond the Fringe* was great fun for those who were there.

p6

Saturday was a success all around for MIT sports teams as the varsity sailing team claimed the Oberg Trophy and the women's rugby team took a strong victory over the University of Connecticut.

p12

EXCERPTS

... linguistic oddities have often been cited in support of the idea that a language reflects the peculiar preoccupations of the particular group of humans who use it. If an anthropologist needed evidence that the Stanford community is an entity sociologically distinct in some measure from the surrounding environs, he could find it in our unique use of the word "nerd." Not listed in any dictionary, the word is unquestionably pure slang. For the rest of the English-speaking world, it has uniformly negative connotations. Examples of its current usage are given frequently on the television show *Happy Days* ("It means anything besides Fonzie," according to one would-be lexicographer.) At Stanford, however, it has a much more exact significance. ... Every member of the community has his own ideas about what is "nerdish" and the relative number of students who deserve this label. The only points on which there is anything close to agreement is that the phenomenon of "nerdism" does exist and that it is one of the most unpleasant aspects of studying at Stanford ...

— *The Stanford Daily*

NURD — Undesirable person. Frequently connotes contempt. General insult noun, not necessarily unfriendly. Also spelled nerd. Gnuerd.

— *HoToGamit*

Carl Sagan speaks to audience about Mars

By Gordon Haff

Carl Sagan, noted astronomer and exo-biologist, spoke on "The Exploration of Mars" last Monday night in Kresge Auditorium.

Sagan, who is director of Planetary Studies at Cornell, is well-known as a popularizer of science in general, and space science and planetary exploration in particular. Sagan is not afraid of the unknown. To the contrary he says of himself: "I am in awe of the unknown." His latest book *The Dragons of Eden*, a bestseller, deals with the evolution of human intelligence, a topic almost entirely outside of his own field.

In the early part of his talk, Sagan spoke of the early history of Martian exploration, looking at it through a telescope from earth. He mentioned the debate over the possibility of intelligent life on Mars which began with the discovery of the "canals" by Percival Lowell of MIT. Sagan added that "the question is which side of the telescope the intelligent life

was on."

One of the most important aspects of interplanetary exploration, according to Sagan, is the usefulness of looking "at other planetary environments as cautionary tales." He noted the similarity between Venus' runaway greenhouse effect and the effect caused by the dumping of excessive amounts of carbon dioxide into earth's atmosphere.

Sagan went on to talk about the Viking mission and the possibility of life on Mars in light of our present knowledge of Martian conditions. He commenced by stating that "Many biologists, I not among them, feel that life is not possible without abundant surface water. I feel bonded water is sufficient if life has once evolved." Sagan even conjectured that "It is certainly possible for large organisms to exist on Mars."

Sagan feels the Viking mission has two major weaknesses. The

(Please turn to page 2)



Charles Birdsey

Noted astronomer Carl Sagan spoke to a packed house at the LSC lecture Monday in Kresge auditorium.

Cambridge campus taking shape

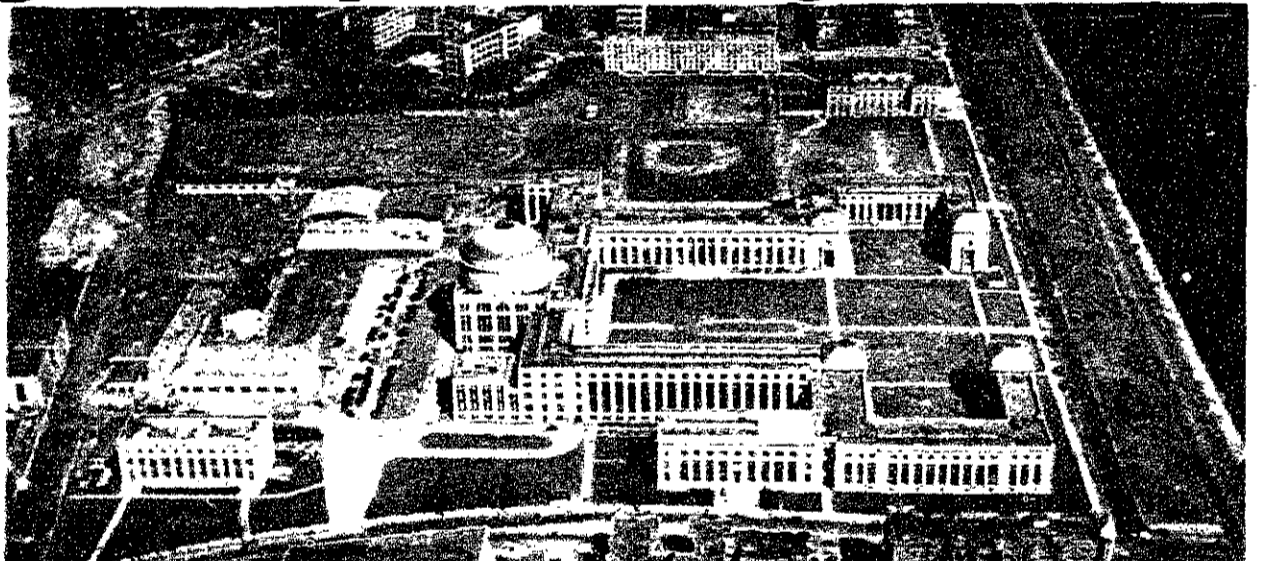
By Margot Tsakonas

Decades is an occasional feature in The Tech that presents the history of MIT through the eyes of historians, photographers and alumni. The first two installments last term dealt with the Institute's early days in Boston.

William Barton Rogers founded the Massachusetts Institute of Technology in 1865; the first classes were held in the Mercantile Library until the Boylston Street building was finished shortly thereafter.

Three years later Rogers suffered a stroke and was succeeded by John D. Runkle who was followed 13 years later by General Francis A. Walker. The next year, Rogers died while speaking at Commencement.

During the next 30 years, Presidents James Mason Crafts, Henry S. Pritchett and Richard Maclaurin devoted much of their efforts to moving MIT from Boston while avoiding a merger with Harvard. In 1912, George Eastman, president of Eastman Kodak, offered \$2.5 million for the new site in Cambridge.



Fairchild Aerial Surveys

The MIT campus as seen from the air in 1929

In October 1911, President Maclaurin announced his intentions of building a new MIT in Cambridge. Planning such an operation was enormously difficult and expensive. Over 2,000 blueprints from other universities were collected, and faculty members outlined their specific needs which entailed one million square feet. John Freeman, Class of 1876, an engineer and member

of the Corporation, had been working on preliminary details, while Professor Constant Desiré Despradelle made elaborate architectural drawings in the Greek Classic style.

But construction did not begin in 1912 as hoped, as problems were encountered in selling the Boston campus. Also, Despradelle died suddenly, so in 1913 W. Welles Bosworth '89 was chosen

as chief architect and two members of the Class of 1888, Charles A. Stone and Edwin S. Webster, were chosen as engineers. Indeed, if the architectural possibilities were magnificent, the engineering problems were intimidating. All the land was mud, pumped from the Charles, and earth from the subway construction such that over 22,000 piles had to be driven for the foundation.

Bosworth's studies included a never-installed 50-ft. statue of the goddess Minerva in the Great Court, as well as the familiar Great Dome which was patterned after the Pantheon, only 42 feet narrower. The dome was originally planned as the ceiling of a large circular auditorium, but the auditorium had to be eliminated due to the expense. To save his dome, Bosworth placed the library under it.

Much of Bosworth's inspiration came from the University at Virginia, which Thomas Jefferson designed. Bosworth chose limestone as the material for the facade and was so pleased with his accomplishment that he built a smaller replica of MIT as his home near Paris. But even up to his death in 1966, he urged that the statue of Minerva be installed.

Completion of the new building in 1916 inspired a great celebration. (Please turn to page 7)

New transit guide very helpful

By David B. Koretz

The newest and best guide to the Metropolitan Bay Transportation Authority's (MBTA) labyrinth of transit options is entitled *Car-Free in Boston*.

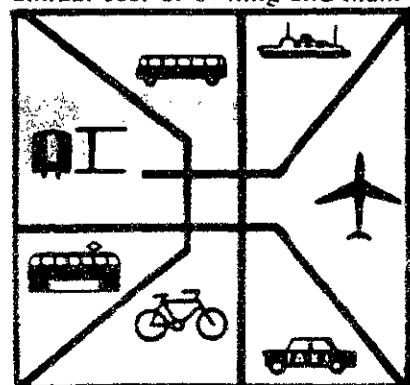
Published by the Association for Public Transportation, Inc., in Cambridge, the 96-page guide is accompanied by the MBTA's latest (1977-1978) route map.

Within the book itself are sections on the various "car-free" options such as bicycles, mopeds, taxis and carpooling for local traveling; air, rail and bus for long-distance journeys; and the basic MBTA services for traditionalists.

Other helpful sections list points of interest attainable by transit, as well as cultural and entertainment centers, and how to

travel without an automobile to cities and towns in eastern Massachusetts.

The Association, although independent from the MBTA, promotes the T's services throughout the book. The introduction states, "Compare the basic MBTA fare of 25c with the annual cost of owning and main-



taining an automobile in Boston — over \$2,000.

"That \$2,000 could be converted into 8,000 MBTA fares (22 trips per day), more than enough to satisfy even the most active of travelers!"

Further bias is shown in the "Downtown Boston" chapter: "While driving in Boston can be difficult, traveling downtown by car is guaranteed to be frustrating. The best way to travel downtown is to take transit — and then walk. The core area is densely developed and there isn't any destination far from a transit stop."

Despite these repeated liberties, the book is an excellent guide for anyone, particularly students, who want to get around the area without a car.



Carl Sagan, author of *The Cosmic Connection*, discussed how the exploration of Mars has progressed with the aid of last year's Viking mission.

Sagan talks to students about Mars exploration

(Continued from page 1)

landing vehicle has no mobility. It must perform its experiments and view Mars from the spot on which it landed. This problem is then complicated by the fact that to ensure the safest possible landing, the Viking must set down on the dull, most uninteresting spots on Mars. Sagan sees the next major step in Martian exploration to be the design of some kind of lander which would be able to move into the more interesting and informative areas.

At the conclusion of his talk about Mars, Sagan discussed the biological and chemical experimentation packets which the Viking lander carried. While cautioning that there is, as yet, no definite evidence of Martian life, he added that "by pre-launch criteria, the tests have yielded positive results." He also mentioned that "No one has reproduced results with no biological activity under plausible Martian conditions. There is a distinction between absence of evidence and evidence of absence." He concluded that the results of the biological experiments are perfectly consistent with those of the chemical experi-

ments due to differences in sensitivity.

Sagan closed by saying that "In some sense the Viking mission has made us a two planet civilization... [and that] only one generation in the whole history of the world is privileged to find out about the planets. That generation is us."

The lecture was broadcast live on the cable since the tickets for the LSC sponsored event were exhausted after three days of sales.

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Youths plead innocent in train looting — Thirteen youths pleaded innocent Wednesday to charges of breaking and entering in the nighttime to commit a felony after they allegedly threw a tree across railroad tracks Tuesday night, halting an 88-car Conrail freight train which was then looted. The youths were part of a loud and raucous party of about 100 people who started a large bonfire behind a greeting card company in Dedham.

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A West Campus resident walking alone on Memorial Drive outside Burton House Saturday night was attacked and robbed by three men in their late teens. The assailants, who showed no weapons, jumped the victim at around 6:20pm, punched him in the face, stole his wallet and fled in the direction of the Hyatt-Regency Hotel.

Two vehicles were vandalized in the Westgate area Monday evening. The first suffered a "popped" trunk lock and the loss of a calculator and stereo equipment. The second vehicle was spared major damage when its alarm sounded. Suspects were spotted fleeing from this vehicle and another car, but were lost in heavy rush hour traffic.

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opinion

USC from Cambridge

How an MIT panel would stop the rain

"This meeting of the Committee on Rainfall and Precipitation will come to order."

Professor Fred Ward of the Department of Meteorology banged his gavel and looked around the room. He began to address the assembly.

"As you all know, CRAP was conceived by President Wiesner when he became irked by the fact that he could no longer walk across campus without his pipe going out. Chancellor Gray agreed, having become perturbed when his toupee became soggy.

"Our *raison d'être* is to analyze, investigate and propose solutions to the recurring problem of inclement weather which has plagued our community. Particularly pertinent to our mission is the 1969 Report of the Task Force on Too Much Snow to the Commission on MIT Education and the proposals of the 1891 Study Group derived from a consideration of the plentiful nature of Sleet, Hail and Inclemency.

"Let me call upon my colleague and eminent Weatherman Jerry Rubin to summarize the facts relevant to the case under consideration."

"Thank-you, Mr. Chairman," Rubin began. "Since the beginning of this academic year MIT has experienced inundation by an unprecedented quantity of — how shall I put it — a heckuva lot of rain. Everyone around here is wet. This is a problem that has affected staff, students and faculty alike. We have seen an outbreak of umbrellification; this, however, is at best a short-term, localized solution and does little to relieve the long-range situation nor does it provide protection from the combination of rain and gale-force winds."

Chancellor Gray interrupted, turning on a slide projector and hauling out charts showing the correlation between umbrella size and dryness, in constant 1969 rainfall inches, seasonally adjusted. "Based on these graphs, and what we call the parasol factor, and extrapolating over the next five years, figuring in a normalized thunderstorm variable, we can predict just how high we can raise tuition — I mean, uh, how high this precipitation will rise."

A student rose and asked to be recognized. Ward rolled his eyes, sighed and reluctantly introduced the prospective speaker as "Pete Berke, our student body president."

"My election platform included trees, grass and places outside to sit down. None of this is possible unless we figure out a way to stop this darn rain. Do you know how hard it is to teach a disco dancing class when everyone's shoes are all wet?"

Berke was starting to gesticulate wildly. "We can't make MIT a friendly place as long as it rains," he flamed.

Dean Bobby Holden rose and addressed Berke. "But you promised leaves on the trees, and here it is only the end of October and already they're falling off. I hold you personally responsible for that."

Associate Director of Admissions John Mack answered Holden. "I wouldn't blame one student for a societal problem, Bob. We need the light of the sun which brings life and warmth, not the brightness that comes from lightning which illuminates only as it destroys."

"Maybe you're right," Holden vacillated.

Phil Moore was recognized by the chair. "I represent the SDS, Students for a Damp Society," he said, presenting the opposing viewpoint as usual. "We object to anything the administration supports."

"And besides," chimed in Dean for Student Affairs Carola Eisenberg, "worms like rain and students like rain." A puzzled silence pervaded the room.

Ward regained control of the meeting. "At any rate, you have in your hands my proposal for coping with this problem." Papers were rustled throughout the crowd. "Note the changes in the second paragraph on page 9,843 under the heading, 'Objections to this proposal by members of the Writing Program.'"

The head of the Ocean Engineering Department, Noah Dyer, spoke to the Chairman. "I understand everything, Fred, except this diagram on page 42. You say the measurements are 120 cubits by 90 cubits by ...?"

USC is an infrequent contributor to The Tech.

The Tech

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Mike Peters

DAYTON DAILY NEWS 1977



Time to give of ourselves

By David B. Koretz

Over the next two weeks MIT students, faculty, staff and employees will have an opportunity to give of themselves in whatever way they choose.

The Fall 1977 MIT-Red Cross Blood Drive runs through next Friday, affording members of the MIT community a chance to give that most precious gift of life — blood.

The MIT drives have always been among the most successful in the region. A pint is not much to give for those who are able, but to the recipient, the patient on the operating table whose life hangs in the balance, a pint of blood is a very real necessity.

Next week, the annual Ugliest Man on Campus contest gets underway. The proceeds this year will go to the American Red Cross. Not only does the Red

Cross conduct blood drives across the country, but the organization is also vital in times of disaster: victims of hurricane, flood, earthquake and the like (thousands each year in the United States) depend upon the Red Cross for their very survival. The Red Cross de-

well with technology.

Within two weeks, we'll be able to give of ourselves in the blood drive, and of our wealth in UMOG week. It matters not which candidate you give your money to: all contributions are tax-deductible donations to the Red Cross.

The success of the year-round blood drives, the UMOG campaign and the annual United Way campaign contrast violently with the image that is cast of the MIT student, both by student body spokesmen and recently by outspoken members of the staff.

Such unselfish giving seems to characterize the student much more accurately than the detractors' misconceptions do. The act of giving blood is surely one of the most charitable acts a human being can perform. The entire notion of donating one's blood requires an understanding of and a respect for human life. When over 1,500 people donate their blood within the space of a week, it is difficult to believe any claims that such people are insensitive to the needs of their fellow human beings.

So ignore the cries of "inhumanity to man!" there is no need to answer soapbox-style rhetoric with angry defense. The best way for the MIT community to prove its "humanity" is to continue a time-honored tradition at the Institute: giving unselfishly of oneself.

Predictions: waste of space

To the Editor:

During the last several weeks, The Tech has carried a column devoted to predicting scores in that week's NFL games. I would like to ask whether a column of this nature serves any real purpose in a newspaper like The Tech. The column usually takes up approximately a half page of the newspaper, and I assert that the space could be put to better use by having an article on MIT-related sporting news, such as reports and scores of intramural and intercollegiate events. Anyone wishing to get odds on a professional football game may do so by checking the Globe or Herald American.

Richard A. Van Etten '78
Varsity Club President
20 October, 1977

perspectives

depends on private contributions for its survival.

Besides these functions, the Red Cross carries on the everyday activities of supplying trained personnel and volunteers, as well as equipment and supplies for blood donation programs.

Last year, when the selected recipient of the UMOG funds was the American Cancer Society, a record sum of over \$7300 was collected. Again, members of the MIT community demonstrated admirably that humanism mixes

feedback

Mack asked for answers

Editor's Note: The Tech received a copy of this letter to Associate Director of Admissions John L. Mack.

To the Editor:

As one who feels that Dave Soule has been unjustly maligned, I was pleased to read in The Tech that Professor Johnson and yourself are dropping the charges you made against him and the TCA. I remain puzzled, however, by at least two of the points made in your statement. As clarity is your avowed aim, and, too, as you delight in likening yourself to the sun, I am sure it would please you to illuminate me on the following points.

First, I, and many students of my acquaintance, fail to see how making absolutely vile accusations and calling for the direst penalty possible helps to shed light on a situation. True, it does make it clear that there is racial intolerance at MIT, but it seems to raise a question about which quarter that lack of understanding may be found in simply to make a complaint is one thing, and an understandable one; to make the complaint you did is quite another thing, and one that

I do not understand.

Second, it is not clear to me to what you refer when you speak of the "low level of professionalism of the staff of our student newspapers." MIT's student newspapers reported the facts, gave prominent display to Professor Johnson's complaint (and now to your statement), printed numerous letters from concerned members of the community, and also paid considerable editorial attention to the issue. In short, it appears to me that every effort was made to keep the community well informed. Tech Talk, the newspaper of the MIT administration, made no effort to report the facts of the case. The only sign of the entire affair to appear in its carefully pristine pages was the Weisner/Gray statement, which condemned without explaining. It seems clear to me which attitude is more professional; perhaps we hold different views on the duties of the press. It would interest me greatly to hear you explain your remarkable statement.

Ephraim M. Vishniac
Editor-in-Chief,
Technique, 1977

opinion cont.

feedback

No MIT talk for PLO

To the Editor,

While I have objections to the expression of Palestinian views on the Middle East situation, I do object to the expression of those views here at MIT by a member of the PLO. Contrary to the implication of your editorial, the PLO is an organization of action, not of words. We in the United States have not heard much recently about their violent activities, since their actions have been confined to the fighting in Lebanon. At

present, when the PLO is attempting to gain undeserved respectability and to obtain recognition from the United States, an appearance by a prominent member of the PLO at so respected an institution as MIT would have implications going far beyond the boundaries of the MIT campus and would be a considerable advance in the PLO's political effort.

Richard Heller '81

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Chicken Chronicles aims for too much

★★★★ The Chicken Chronicles, an Avco Embassy release, starring Steve Guttenberg, Lisa Reeves, and Phil Silvers; directed by Francis Simo; produced by Walter Shenson; screenplay by Paul Diamond; playing at the Sack Gary; rated PG.

By Al Sanders

The Chicken Chronicles would not be a bad little movie if one were lucky enough to arrive thirty minutes after the start. However, the first "mood-setting" half hour is so unbearable that it makes it hard to enjoy the rest of the show.

The setting is Beverly Hills in 1969, the main characters are all wealthy teenagers. Steven Guttenberg, appearing in his first movie, plays David Kessler, a high school senior who will graduate in three weeks. His one major goal in life is to "score" with his dream girl before graduation.

The first portion of the film is spent developing this character. What makes this development so hard to take is that its only

where a couple of the students work. These episodes contribute nothing to the movie except the title. They also give Phil Silvers, as the proprietor, plenty of opportunities to do his unamusing dirty old man routine. After watching Kessler and his best friend play one-on-one basketball by shooting pieces of chicken into the batter, it is doubtful if anyone in the audience will be frequenting fried chicken stands soon.

The film tries to make a rather strong comment against the neglect of children by parents. David never speaks to his mother except via intercom, and we must conclude that this explains his rather undisciplined behavior, as well as that of his thirteen-year-old brother Charlie (Gino Buffa). Charlie, by the way, is responsible for the only truly funny part of the entire movie. He sneaks into a party and makes quite a fool of himself after having drunk several bottles of champagne.

None of the actors, except Silvers, are well known. None of the performances are



Steve Guttenberg and Lisa Reeves appear in the new film, *The Chicken Chronicles*.

of stand-out quality either, although Guttenberg should be commended for admirably handling such a large role in his cinema debut.

This movie had potential. If the story had been presented as merely the escapades of some average high school students about to graduate, it would have made for a nice lighthearted comedy. Instead, the movie

strives for more and comes up far short. It seems to be making some sort of statement about life in the Sixties, but such statements do not fit in with the rest of the movie. There are some fun parts in the film but these are overshadowed by its glaring faults. It is a shame that these faults exist because they make it hard to like what should be a likable story.

The Tech's movie rating scale:

no excellent
very good
good
fair
poor
the absolute pits

purpose is to show us what a hip "person of the sixties" David is. The script keeps trying to impress the audience with how many times the characters can refer to sex and dope in the same conversation.

The film also insists on ramming down our throats that the year is 1969 by playing some of the music of that year and making as many references to Vietnam as possible. Such references are all totally extraneous. Nothing is gained by setting the time of the story at eight years ago. Perhaps the producers were suffering from the *American Graffiti* syndrome, trying to make us pine for the "good old days" of 1969. They do not succeed. Once the movie gets away from this sixties obsession and begins concentrating on the story itself, it becomes much more affecting.

We follow Kessler through his sexual misadventures as he tries to find the "safe place" that dream girl Margaret requires. In the process, he discovers that Margaret (Lisa Reeves) is not all that perfect. Eventually he ends up with his longtime friend Tracy (Meredith Baer), who, though suffering from a bad reputation, turns out to be the best match for David.

There are several secondary plots, the major one involving the fried chicken stand

Santana album more of the same

Moonflower — Santana on Columbia Records (two-record set).

Carlos and the gang are back for more of the sound that they wore out years ago. This collection actually isn't too tiresome because of the presence of a couple of Santana's more popular tunes.

The oldies, live renditions recorded on tour in France and England, include "Black Magic Woman" and "Europa." The performances are pretty crisp and the foreign crowds are fairly enthusiastic. Had they used tracks from their last American tour, however, the applause would have run a bit thin. Santana warmed up for ZZ Top on tour the last time around.

The most exciting song on the album is "She's Not There," an Argent oldie that is much improved by Carlos Santana's mad guitar. Greg Walker, probably the rock world's least known vocalist, adds the familiar Santana sound that will probably make this cut into a hit single.

Other new stuff is in the same vein as vintage Santana; the only noteworthy entry is the eleven-minute "Song of Sacrifice."

Like Chicago, Santana needs yet another new sound if they want to keep selling records after all the years that they have been around. With their polished stage presence and tendencies toward metal, the hard-driving style of "She's Not There" might well be what we'll hear from Santana in years to come.

— David B. Koretz

Olivia Newton-John's Greatest Hits — on MCA Records.

For some reason, it is easier to think of what Olivia Newton-John's singing is not rather than what it is. She is obviously not a proponent of any kind of hard rock, yet it is almost impossible to classify her music as merely being soft of country rock. *Olivia Newton-John's Greatest Hits* is an album that shows the great versatility of her singing talent.

Her soft sincerity on "I Honestly Love You" and on "Don't Stop Believing" is

matched by her powerful liveliness on "Let Me Be There," a rousing spiritual country tune, and on "If You Love Me (Let Me Know)." With her music, Olivia Newton-John manages to be thoughtful without being cumbersome, and optimistic without being unbelievable. Her rendition of Bob Dylan's "If Not For You" is exceptionally appealing, and her hit "Have You Never Been Mellow" is a sensitive, soothing ballad.

The album is very listenable and enjoyable, one which demonstrates Olivia's beautiful and versatile voice well.

— Steven Lazar

weekend

Movies

The American Friend — A new suspense film by Wim Wenders. It deals with the international art underworld; and is highly acclaimed. Orson Welles.

Halloween Film Marathon — A bizarre combination of scary, funny, arty and spooky films all dealing with Halloween. The main feature, *Dreams Money Can Buy* is by surrealist Hans Richter and many of the finest artists of this century. Films until dawn. Off the Wall (near Central Square), Friday and Saturday at midnight, Sunday at 10pm.

It Happened One Night and His Girl Friday — Two comedy classics from pre-WWII. *It Happened One Night* won all five major Oscars; directed by Frank Capra, starring Clark Gable. *His Girl Friday*, with Cary Grant is the best adaptation of *The Front Page*. Coolidge Corner, Friday, Saturday.

Spirit of the Beehive — A little girl's fantasies and perceptions of Frankenstein, interpreted by director Victor Erice. A heavy, not sick movie. Brattle.

Looking for Mr. Goodbar — It died in the ratings, but people who I've talked to loved it. Diane Keaton is fine, but the plot is very depressing. Cinema 57.

Valentino — Ken Russell alters reality to fit his movies; if you don't think it is a documentary, you will do fine. Cheri.

Around MIT

The Man Who Would Be King — (Friday, 7 and 9:30pm, Room 26-100) A superb adventure-drama, complete with swash-buckling and the like. Beautiful scenery, and good acting by Sean Connery and Michael Caine.

The Return of the Tall Blonde Man — (Saturday, 7 and 9:30pm, Room 26-100) This is a very funny film if you can handle the subtitles or can laugh in French.

It should be seen if you liked the original.

A Streetcar Named Desire — (Sunday, 6:30 and 9:30pm, Room 26-100) Marlon Brando's most powerful role is in this film. It is a classic see-what-the-destitute-are-like movie.

The Birds — (Sala, Friday at midnight) One of Alfred Hitchcock's best thrillers; you will have dreams all night from it. Not for the queasy.

PKS Skuffle — (530 Beacon Street, Saturday 8pm) The PKS people are insisting on mixed couples only; I would really recommend staying away from this one. MIT or Wellesley ID's required.

MIT Dramashop — (Kresge Little Theatre, Friday and Saturday at 8pm) Two one act plays (*Impromptu* by Tad Mosel and *The Proposal* by Chekhov) with a critique and coffee hour afterwards. The Dramashop puts on some of the best small productions around Cambridge, and are usually very worthwhile.

Greater Boston Songfest — (Kresge, Friday at 8pm) Sponsored by our own Logarithms. It should be an evening of good a capella fun, with groups from other Boston Colleges.

MIT Symphony Orchestra — (Kresge, Saturday at 8:30pm) Mahler, Stravinsky and Handel pieces are on the bill for the evening.

McCormick Halloween Party — (McCormick, Friday at 8:30pm, free) How long has it been since you wore a costume to a Halloween party? Depending on how absurd you allow yourself to be, it could be a humorous evening.

Best Bets

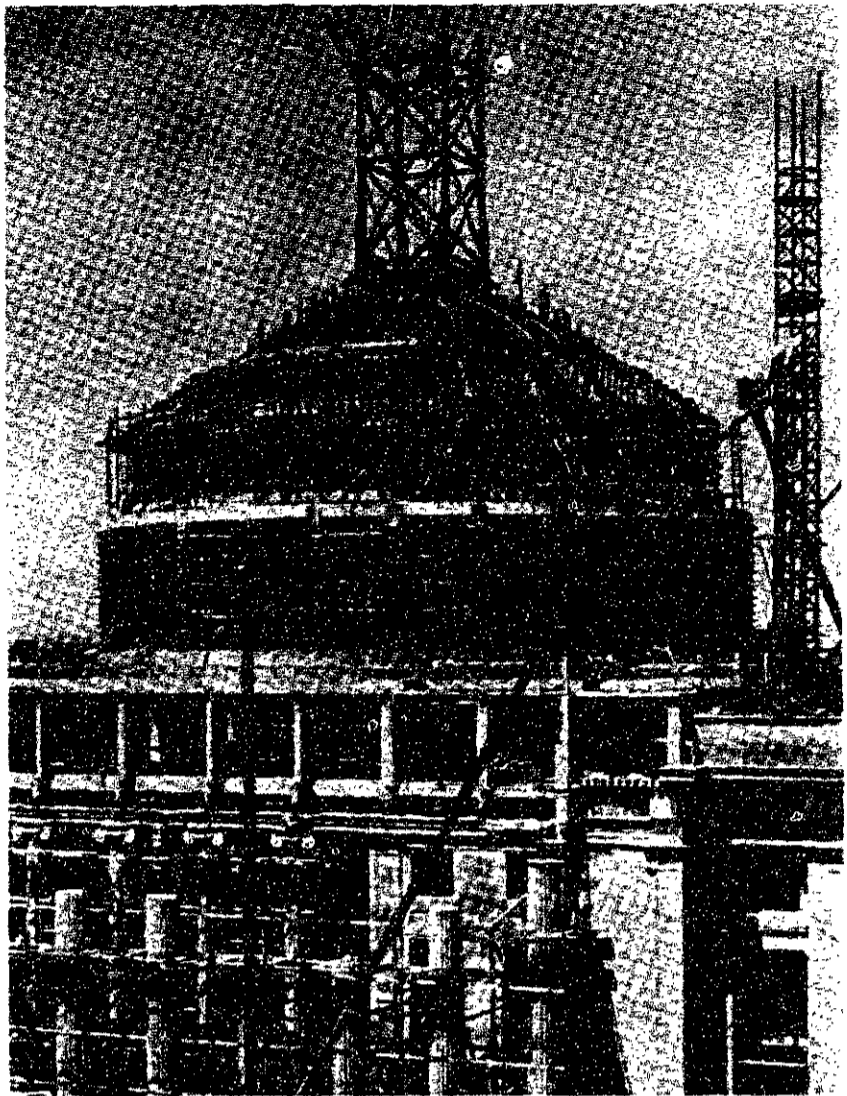
The Off the Wall movie fest, and the Dramashop plays.

— Paul Hoffman



Last Sunday at midnight, LSC sponsored a marshmallow roast on Kresge Oval in a sort of perverse celebration of the dismal failure of their New England premiere of *Monty Python Meets Beyond the Fringe*. LSC members lit a bonfire in a trashcan, starting the blaze with shredded copies of the film distributor's catalogue. Several others joined the revelry, and marshmallow and sticks were passed out. Ads and posters for the movie were added to the inferno. Filmclips were handed out to the eager crowd, and these too were tossed into the fire with much ceremony. The gathering broke up after a while, a little sticky from the charred marshmallows, but satisfied with the bacchanalian desecrations that they had performed on that ill-fated movie.

1913: Cambridge is new home for a second MIT



Very involved construction techniques were used in the erection of the Great Dome when MIT moved to Cambridge at the turn of the century.

(Continued from page 1)

tion. New York alumni arrived on the SS Bunker Hill on June 12, and were greeted by a 21-gun salute and a special issue of *The Tech*. With other alumni, they marched behind the MIT band to Copley Square. After a farewell ceremony at the old Rogers building, the alumni traveled by steamship to Nantasket for an outing and parade which was led by a huge papier-mâché beaver.

That evening, a crowd of over 10,000 gathered in the Great Court and watched the Institute Seal, enclosed in a chest, carried across the river in a replica of a Venetian barge. Then Professor R.A. Cram, an architect, presented an original pageant, entitled "The Masque of Power," in which he played Merlin, who appeared finally as "the Master, before the throne of Alma Mater, to lead before her the forces of civilization who in her name have conquered Nature."

The formal dedication was the next afternoon and President MacLaurin acknowledged the then

anonymous gift of George Eastman which made the new construction possible. That evening there was a white tie alumni dinner at Symphony Hall. Speakers included Orville Wright and Alexander Graham Bell, and guests included T. Coleman DuPont '01, Senator Henry Cabot

Lodge, and Franklin D. Roosevelt (then Secretary of the Navy). The celebration closed with a broadcast to 34 cities, via Bell's telephone, of the alumni joined together singing the Star Spangled Banner.

Next *Life at MIT in the Roaring Twenties*

notes

* The MIT Social Action Coordinating Committee (SACC) and the New England Whale Society will present a "Symposium for a Safe Planet" this Sunday from noon to 5pm in the Sala. Admission is free.

* Mildred Dresselhaus, MIT professor of electrical engineering, will speak at the Cambridge Forum on "The Scientist" on Wednesday, Nov. 2, 8pm at the First Parish in Cambridge, 3 Church Street, Harvard Square. Free and open to the public.

* The Campus Police have announced the reopening of the bicycle compound located at the rear of building 13. The gate to the compound is now controlled by a "Card Key" locking device. This device makes possible the 24 hour operation of the Compound. All members of the MIT Community who so desire may receive a "Card Key", at no charge, by applying at Campus Police H.Q. Monday through Friday 9am to 5pm. Those applying should bring with them their current MIT ID.

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Nov. 6 "Truth - the Search for Hidden Reality"
Nov. 13 "Earth - the Body of God"
Nov. 20 "Ethics - the Knowledge of Good and Evil"

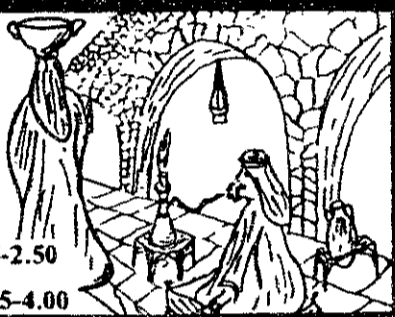
— by Dr. John Ruskin Clark, Interim Minister, author of *The Great Living System, Religion Emerging from the Sciences*

— at First Parish Unitarian Universalist Church, Church St., and Mass. Ave. in Cambridge at 11 A.M.

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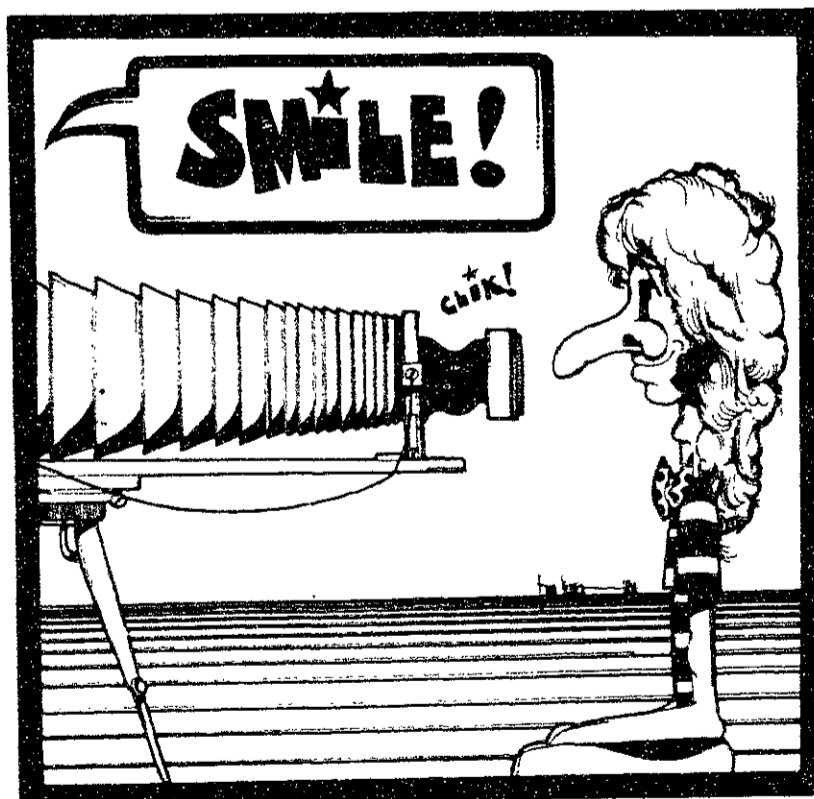
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sports cont.

W Rugby tops UConn

(Continued from page 12)

Connecticut's only four points. UConn's closest attempt to a second score was thwarted when half Connie Cepko G grabbed the loose ball from the 15-yard line and kicked it back downfield to put Tech once more on the offensive.

The Beavers' next score came when Wellesley wing Carol Finn recovered a loose ball that had been kicked into the end zone. Fullback Sandy Rivas, playing her usual excellent game, contributed Tech's final four points by scooping up a loose ball off a tackle and streaking across the goal line minutes before the referee blew the final whistle.

Although MIT's win resulted from a team effort, there were individuals whose contributions were especially noteworthy. Barbara Aufiero, as weak-side wing, played an outstanding game both offensively and defensively. She helped to set up some of Tech's scores, and her tackles were often the only barrier between UConn players and the goal line. Forwards Barbara Kastings and Sylvia Borgman played excellent games and were particularly good during line outs and loose rucks. Robin Reenstra also deserves credit for winning a number of lineouts and for her effectiveness in the set scrum.

Coach Cliff Tabin G. elated

after the team's win, commented, "The women ruggers are beginning to find themselves. In the game with Connecticut, Tech players displayed the best running and passing that we've seen thus far. The women are also beginning to play 'smart' rugby — that is, reading situations as they develop, both offensively and defensively, and then reacting accordingly. We continue to improve with each game, both as individuals and as a team."

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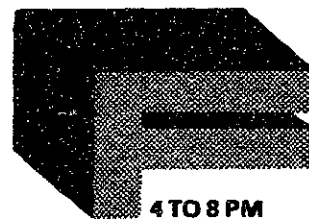
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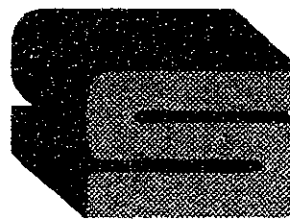
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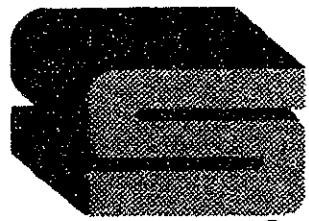


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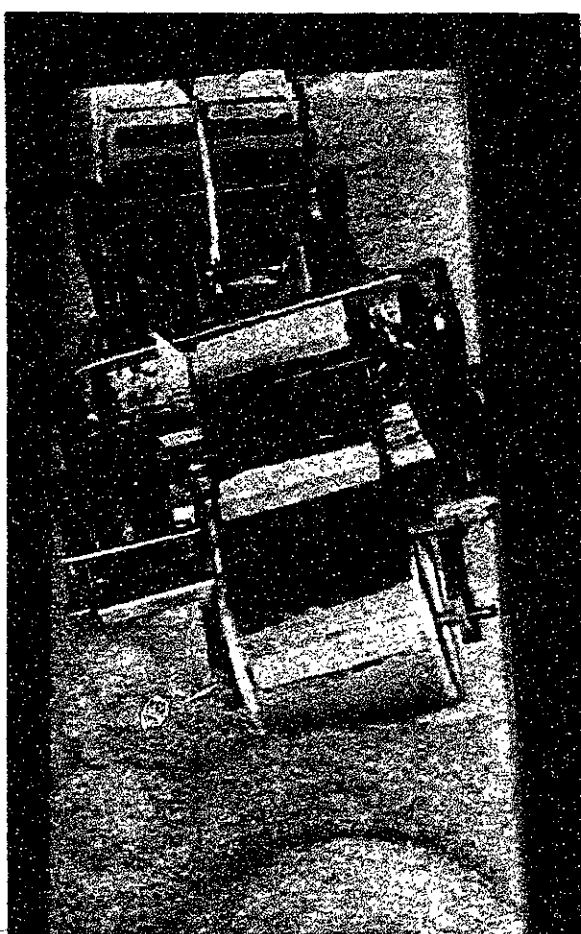
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"Thing of the Mountain" contest



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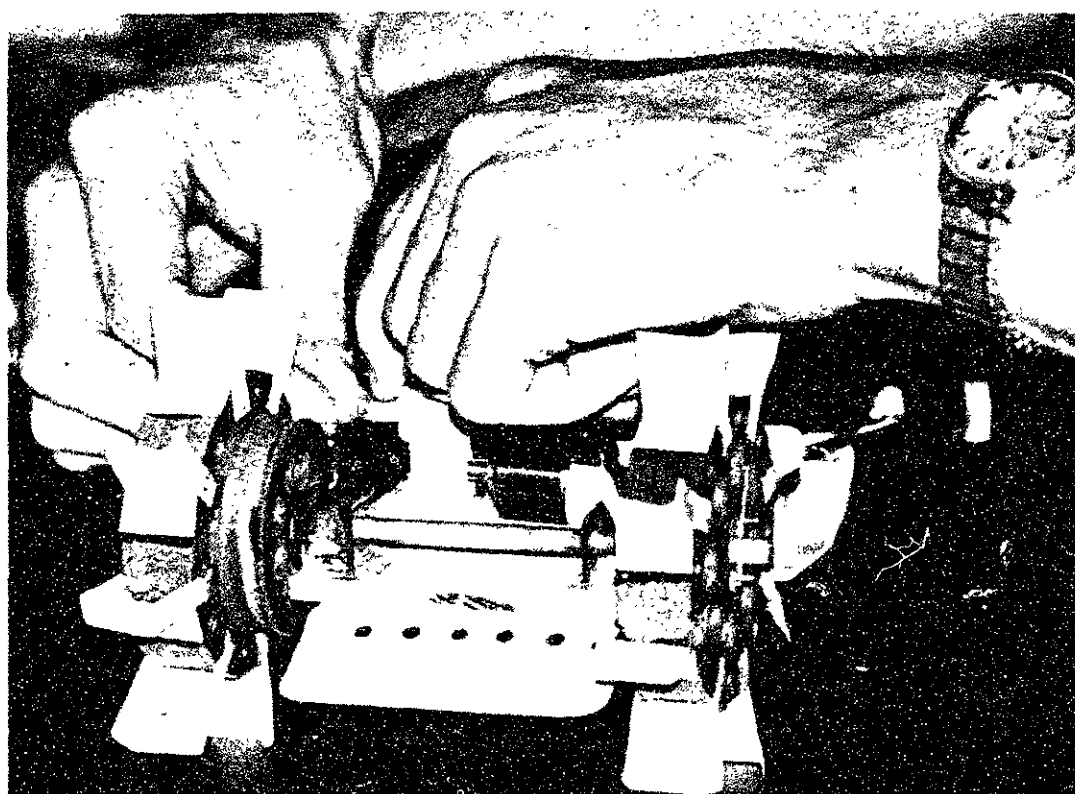
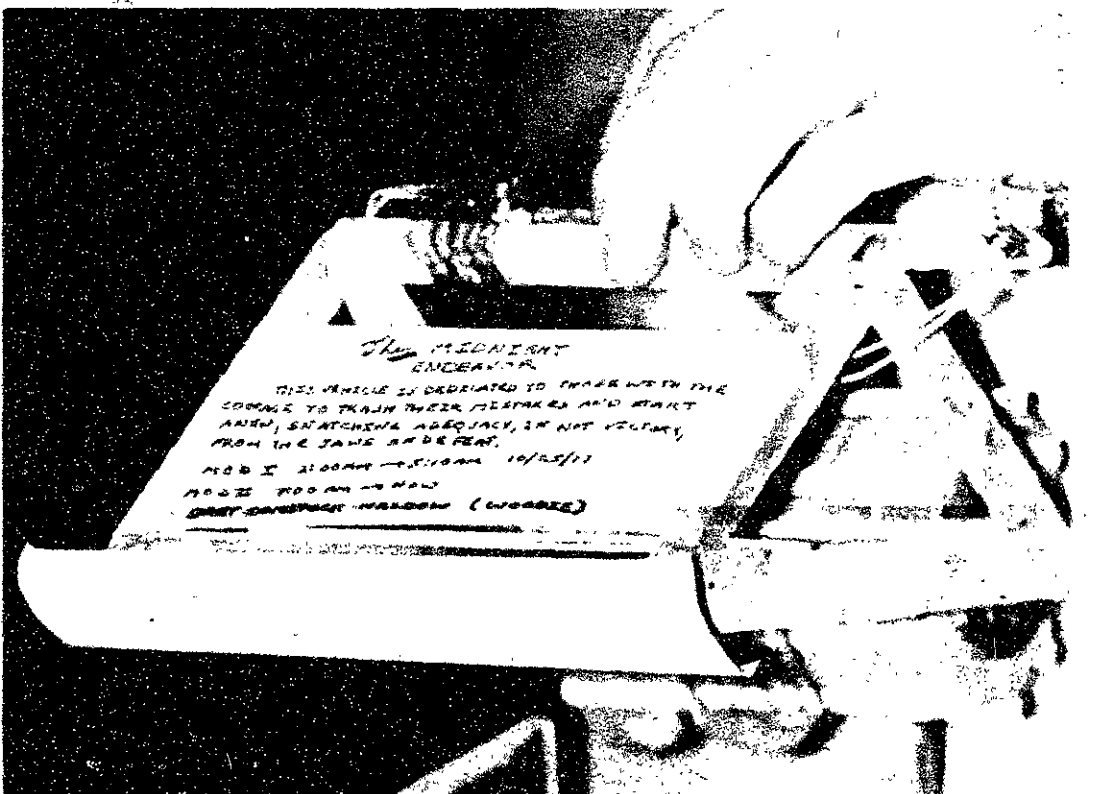


Provided with a small electric motor, a few pieces of wood, a venetian blind slat, and assorted other "goodies," the students in 2.70 had to use all the creativity they could muster to solve the problem of getting what they built to the top of a hill of sand. One other problem existed; they would be competing against each other's devices. There would be only one winner.

In two days of tense competition about 145 students felt the agony of defeat before the contest neared the final round. "Probably the most exciting finale we've ever had" declared Instructor Woodie C. Flowers after John E. York '80 (upper right) narrowly defeated Lee A. Boy '79 (upper left) for the title of "Thing of the Mountain."

Although the over-capacity crowds in 26-100 had seen vehicles tipping over, digging themselves into the sand or not doing anything at all in earlier rounds, Professor Flowers noted that the final rounds were "very close" with "well designed, well built machines competing against each other."

— Photo essay by David Schaller



Candi Kane Homecoming Queen



Sweetest girl on campus.
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Blue eyes, blonde and what a beauty! During ceremony ride around stadium,
distracted driver ran into goal post. Candi drinks Lite Beer from Miller because it's less filling.
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sports cont.

Volleyball roars by Wheaton, sneaks by UNH

By Michael Taviss

The women's varsity volleyball team, won again on Tuesday as it captured both its matches in a three-way round-robin competition held at MIT. The two visiting teams were from Wheaton and the University of New Hampshire (UNH).

The first match was between MIT and Wheaton. Wheaton was the weaker of the two visiting teams and Coach David Castanon stayed with almost all junior varsity players in this match.

In the first game of the match, the Engineers fell as far behind as 14-8, one point away from a loss, before they got cracking. The rest of the game was all MIT's as the Engineers got point after point, finally winning it, 16-14.

Wheaton won the first point of

Denver, Dallas to win again

By Drew Blakeman

Kansas City 20, Cleveland 19 — The Chiefs are far better than their 1-5 record indicates.

Atlanta 16, Minnesota 6 — The Falcons may not have much, but they keep on winning.

Denver 33, Oakland 27 — It won't be by such a lopsided margin this time.

Los Angeles 24, New Orleans 13.

Cincinnati 22, Houston 17 — The Bengals are hurting, but they still have enough bodies.

Chicago 7, Green Bay 0.

New England 34, New York Jets 19 — The Patriots will avenge their earlier loss.

Washington 13, Philadelphia 10. Miami 27, San Diego 7 — Bob Griese will go to the air early and often.

Dallas 47, Detroit 16 — The Cowboys are by far the best team in the NFC.

Baltimore 38, Pittsburgh 31 — The Colts have been waiting for this game since last year's playoff loss.

San Francisco 38, Tampa Bay 3. Buffalo 17, Seattle 14 — O.J. Simpson has stopped running through airports.

St. Louis 26, New York Giants 16 — How about those New York Football Giants, Howard? How about shutting up, Howard?

Last week: 8-6 .571
Season 58-26 .691

the second game, but that's about as far as the team got. The Engineers ran right over Wheaton, bringing the score up to 11-1 in MIT's favor without any problems. A small rally on Wheaton's part a little later made the score 13-7, but soon after that MIT won the game and the match, 15-7.

This was the first time the junior varsity girls had ever played against a varsity team. As Coach Castanon put it, "JV was nervous, otherwise they played very well."

MIT had a rest while UNH played Wheaton. There was no real competition in this match with UNH winning it in two games, 15-7, 15-1. Then came the tough match of the evening.

As soon as the first game of the MIT-UNH match started, one could see that this was going to be a long, slow contest where each point would have to be won by dint of superior skill. Although MIT generally had control of the first part of this game, and was able to get the score up to 8-2 in its favor, UNH was by no means beaten.

After several turnovers and many exciting volleys, the score stood at 11-8 for MIT. At this point the Engineers took over, and went on to win, 15-8.

The Engineers had been fre-

quently stymied at the net due to the greater height of their opponents. Referring to UNH, Coach Castanon admitted, "This is an excellent team." It is also a large team. Frequent substitutions kept UNH fresh. MIT could have no such relief. "We are a small team and we must compensate (for this) by hustling," Castanon remarked.

Although a quick start gave MIT a 4-1 advantage in the second game, UNH was now better prepared. UNH soon made up

the difference, and then the audience was treated to an incredibly exciting battle between two expert teams. The score slowly inched upwards until it stood at nine points apiece.

UNH then took the lead, 10-9. This sparked the Engineers into an outburst of brilliant playing which resulted in their regaining the lead and working up to one point from victory, 14-10. There then came almost ten minutes in which the serve changed hands at least a dozen times before MIT

was finally able to score one point, giving the Engineers the game and a very hard-played, well-deserved match.

Castanon remarked that this was the closest match the team has played yet. The UNH team played superbly, and they really forced MIT to put on its best.

The caliber of playing seen on Tuesday should be present again on Tuesday, November 8, when MIT faces, at home, another excellent team, this time from Springfield.

Soccer falls to .500 mark

By Bob Host

A late rally by Tufts sent the MIT soccer team down to defeat Tuesday, 2-1, leveling the Tech record at 5-5.

The score was in MIT's favor for the major part of the game. An unassisted first half goal by Luis Boza '79 was the only score until the last ten minutes, and for most of the second half it looked as if it would be enough to provide the Engineers with a win. However, in a span of slightly over three minutes, Tufts scored their two goals and emerged victorious.

The Engineer defense was "very sloppy," according to

coach Walter Alessi. This was evident even in the first half when Tufts had several potential scoring opportunities, including a one-on-one chance against goalie Jamie Bernard '79, who was coming off his third shutout of the season, a 3-0 win over Holy Cross last Friday.

The team was instructed to play "tighter defense" and "put the ball downfield" at halftime, and not to sit on their one goal lead, but if the choice in the second half came to choosing offense or defense, to play defense.

There were many chances for the Engineers in the second half, but none paid off, and it looked

as if the game would end 1-0 because MIT was controlling the ball in the second half, and any Tufts opportunities were stopped by Bernard. However, the first Tufts goal "was inevitable," Alessi remarked, and this swung the momentum to Tufts. Shortly afterward the winner was put in after Bernard had made the initial stop.

"They have a good team," Alessi said of Tufts, noting that they won the league championship last season. Although the defeat was disappointing, the coach still hopes the team can win two of their remaining three games to finish the season with a record better than .500.

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Sailors outstanding, win Greater Bostons

By Audrey Greenhill

This past weekend the varsity sailing team gave its best performance of the season by winning the Oberg Trophy and placing second in two other major regattas.

Saturday, MIT hosted the Oberg Trophy, which is the Greater Boston Championship. Traditionally, seven Boston schools compete in three divisions, one Lark and two Tech dinghy. A good constant breeze prevailed throughout the regatta. Top honors were won in the Larks and one Tech division by skippers Elliot Rossen '79 and Lenny Dolbert '79 with crews Martin Prince '80 and Hoon Won '81. In the other Tech division, Bill Dalton '80 and crew Jordan Kriedberg '79 finished a respectable third. Tomorrow the team will be competing in the Schell Trophy, the New England fall championships.

A team of eight was sent to the Naval Academy in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greene '79 skippered the forty foot Luders yawls to a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Navy in the spring to represent New England in the Kennedy

Cup, a national competition.

The Smith Trophy was hosted by MIT on Sunday. Twenty schools competed, making it the largest regatta of the season. Coast Guard finished first, just ahead of MIT. Sailing in his first varsity event, Bill Darling '80 finished second in B-division. The team's second place finish was supported by Dalton's third place finish in A-division.

A varsity Lark invitational was also held at MIT on Sunday. Although the team finished a mediocre fifth out of ten entrants, freshmen Dave Kuller and Keith Robine sailed outstandingly and finished first in A-division. They will represent MIT this weekend in the freshmen fall championships at Tufts.

The women sailed at Radcliffe Saturday and Sunday for the Victorian Coffee Urn. Boston University ran away with the regatta while the MIT women finished sixth in a field of eleven. Strong winds on Saturday and flukish, shifting winds Sunday bewildered the MIT sailors. BU's A-division skipper, senior Sandy Ray, sailed remarkably, winning all eleven of her races. According to Stu Nelson, coach of the MIT women's sailing team, the last time anyone came close to that record was in the 1969 Women's National Championships where one sailor won nine out of fourteen races. The MIT women have regattas scheduled at Coast Guard and Radcliffe this weekend.



The varsity sailing team won the Greater Boston Championships on Saturday. The team to victory in one of the Lark divisions

Women's rugby win

By Connie Cotton

(Editor's Note: Connie Cotton is a member of the Women's Rugby Club.)

The MIT Women's Rugby Club finally claimed the victory it has been working toward for so long, routing the University of Connecticut 22-4 last Saturday. Although the entire team played a good game, the spotlight in the win over Connecticut has to shine

on the backs. Both offensively and defensively, the MIT backs played their best game of the season.

Scrum half Jan Hammond gave Tech its first four points as she swept around the weak side from ten yards out and scored in the UConn end zone. Inside center Nancy Breen '80 caught a pass from fly half Connie Cepko G and utilized her speed and her ability to evade tacklers to make the score 8-0. A second score by Breen and a successful conversion attempt by Connie Cotton gave

the Tech 14-0 half UConn however the second ability to threaten several half, but once when Janice B center, away through (P



The MIT women's crew who placed fourth in the Head of the Charles Regatta. The team members are (from l. to r.) Cindy Cole '78; Mary Zawadzki '78; Laurie Dealleaum '80; Joan Whitten '80; Robin Miles '79; Diane Medved '80; Liz Fisher '80; Renee Roy '78; and Charlene Nohara '79 (center.)

MIT women 4th in Head

By Cindy Cole

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Entered by over 3,000 oarsmen and women, the Head attracts

crews from all over North America representing more than 100 organizations. The race itself begins at the BU boathouse and extends 3 miles up the Charles River. Each event includes about 40 shells which file through the starting gates at ten-second intervals to be timed individually. Bridges, buoys and curves in the river make the course treacherous at best as each crew strives to pass and not be passed by other crews. Due to restrictions on the number of boats in a race from one school, a women's eight rowed in the men's junior eight event finishing 36th. One four, in the women's four event finished 26th and another four, racing with the lightweight men finished 35th.

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Several of the varsity men's boats did very well. Finishing

tenth, the intermediate eight posted a time of 17:30.6. The intermediate four, starting 23rd, was 15th. A pair, rowed by Ed Gillett '80 and Dave Schoen '80 took twelfth place with a time of 20:55. The elite eight was 22nd in its event and two elite fours placed 21st and 22nd. MIT's two lightweight eights finished 19th and 32nd with times of 17:48.6 and 18:53.3. Two of the more notable individual accomplishments of the day were Pete Billings's fifth place finish in the lightweight singles and Assistant Provost Hartley Rogers' third place finish in the veteran's singles.

score board

Sunday

Sailing 2nd in McMillan Cup
Sailing 2nd in Smith Trophy
Women's sailing 2nd in Victorian Coffee Urn

Tuesday

Volleyball 2, Wheaton 0
Volleyball 2, UNH 0
Tufts 2, Soccer 1

IM tennis pre

By Gordon Haff

No team will be the champion of intramural in the past, there is a single elimination League players and those B-League players records. However, in the past, the performance members was figured into a sum score for the used to determine which team won the championship is not being followed this year. Rather, there who wins the singles tournament and a doubles tournament.

The doubles tournament is already over. '77 and Keith Clark '79 from BTB defeated and Brett W

Sigma. The singles tournament at 6pm Friday finalists are Speranza, Da Binder.

In past years, the competition was so close that there were many way that the Many felt, vai

of season records, that the scoring system favored player rather than the team with depth. However, the opinion that even this alternative is better this year.

I would like to suggest an alternative system would resolve many of the problems as system. For one, it would yield a team championship teams would play other teams. Second, since playing matches against each other, it would the team playing to watch the games. Third degree, alleviate one of the problems associated this year — the large numbers of games which in quick succession as they reach the high One of the doubles champions remarked that of singles competition after hurting his shoulder of the day.

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ports



John Grunfeld

first

in women a comfortable
time lead.
n was down but not out,
and they came back in
nd half to test MIT's
maintain the lead. The
s from Connecticut
ed to cross the goal line
times during the second
managed to do so only
en UConn's inside center
rock faked to the outside
drawing her opposition
and creating the gap
which she sprinted for
lease turn to page 8.

proposals

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whose teams had winning
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In the finals, Scott Bernard
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in the Bubble. The semi-
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his is of lower priority than

Insider

FORD'S CONTINUING SERIES OF COLLEGE NEWSPAPER SUPPLEMENTS



The New Fitness: Focus on Personal Energy

sp

Sailors outstanding, win Greater Bostons

By Audrey Greenhill

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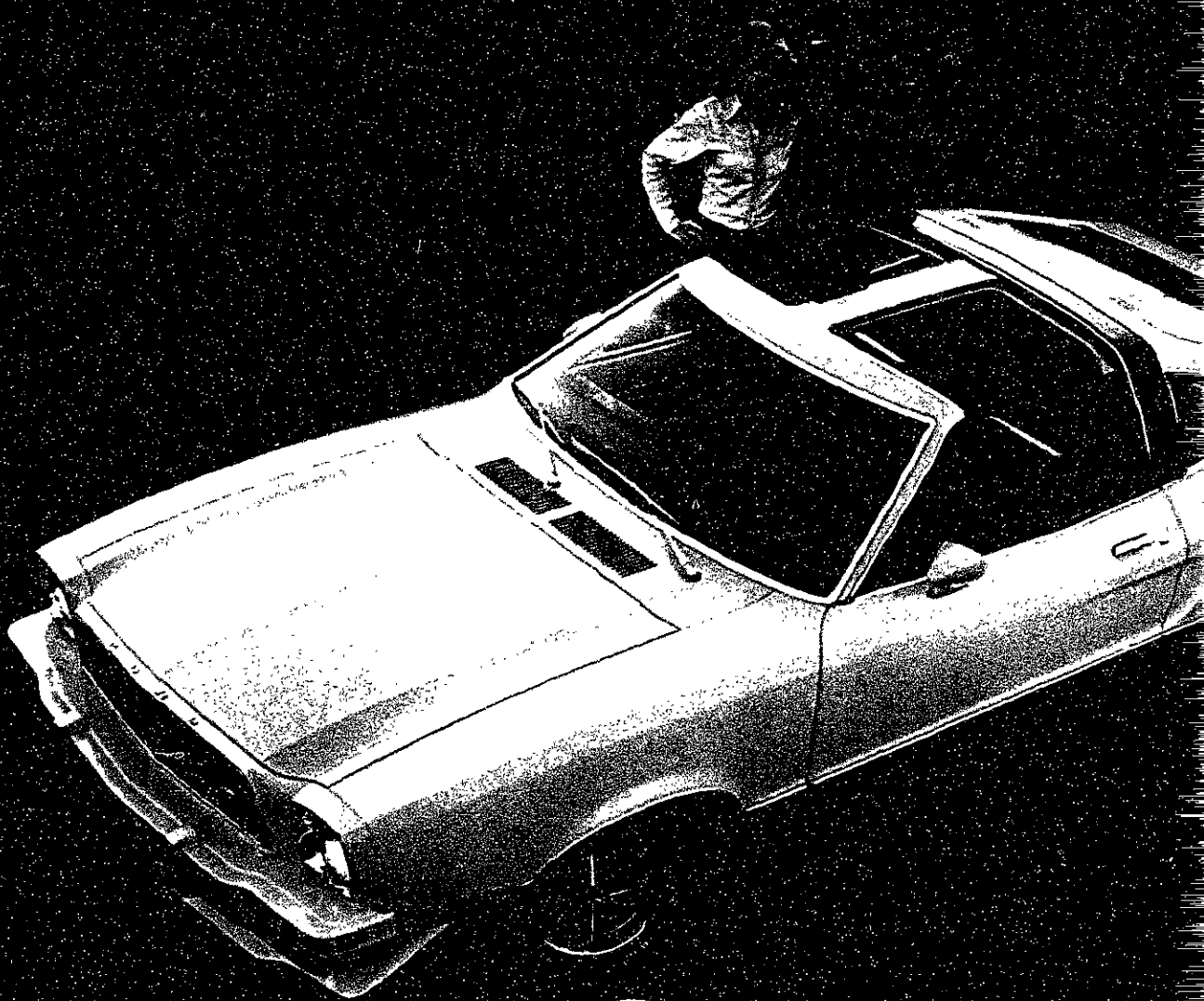
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"A flame went out when old-style convertibles died. But now I'm all lit up again."



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Lose yourself in the sporty spirit of the '78 Mustang II with this wide-open T-roof convertible. Or maybe you'd like the elegant Ghia or the 3-door Hatchback. And you can opt for a sporty suspension with oversize tires, choose from 5 different kinds of wheels.



7 different 14 gre So visi and go It's a lo just dri

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score board

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WOULD
YOU
TRADE
YOUR
BODY
FOR...



Arnold Schwarzenegger's?



Chris Evert's?



O. J. Simpson's?

Ah, for the rippling muscles of Arnold Schwarzenegger, or the nimble grace of Chris Evert, or the power and speed of O. J. Simpson! The wish to change places—and bodies—with physical superstars is apt to hit us mere mortals from time to time, especially when our bodies aren't responding or looking the way we'd like.

Of course, Arnold lifts 40 tons of barbells each day to maintain his physique. And Chris spends exhausting hours of practice for every flashy appearance at Wimbledon. And O. J. goes through grueling twice-daily sessions with the other Buffalo Bills to stay in peak condition during football season.

To get a superstar's body, you've got to work like a superstar. Far better to simply get your own body fit for the kind of life you want to lead. This issue of *Insider* isn't about Arnold or Chris or O. J. It's about you. The articles which follow provide the information and the incentive you need to plan a personal strategy for getting in shape and staying in shape.

For starters, "I Was a 49-Pound Weakling" offers encouragement for anyone who was turned off by the old fitness taught in elementary school gym class. Staff writer Don Akchin recounts his own true—and all too familiar—experiences and also outlines how

to put together a fitness program that works for you. If you see the tell-tale signs of overweight creeping up or simply want concise information on good nutrition and diet planning, "The Diet Connection" by Theodore Berland, author of *Rating the Diets*, is must reading. "Feeling Good" catalogs 16 different ways to become more comfortable with yourself. And "More Power to You" explains how body, mind and spirit interact to affect your energy level and tells how you can convert low-energy drag to high-energy fun.

Insider: Ford's Continuing Series of College Newspaper Supplements is sponsored by Ford Division of Ford Motor Company and published by 13-30 Corporation (which also produces such familiar campus publications as *Nutshell* and *The Graduate*). *The New Fitness: Focus on Personal Energy* initiates the series.

Ford's sponsorship of this publication is an indication of their desire to provide services to college students. Please take the time to let us know how you like this supplement by returning the postage-paid response card found on page 8. And for more information on Ford's product line, use the card on page 16.

Good reading!

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Sailors outstanding, win Greater Boston

By Audrey Greenhill

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MIT women

By Cindy Cole

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I Was a 49-Pound Wee

As a kid I would have given my buck teeth for O. J. Simpson's speed, Chris Evert's cool grace or Arnold Schwarzenegger's biceps. Instead I was slow, awkward and had lots of sand kicked in my face.

I wanted badly to be a football player. Instead I became what is known in gym class as a capital-J Joke. The hierarchy of a gym class, you recall, is crowned by an aristocracy of natural athletes who can do anything in any sport with perfect grace, superb power and no apparent effort. Next on the pecking order are those who are only average but cover their shortcomings under a barrage of yap. What's left are the Jokes. When the sides are chosen up for a game, the Jokes are left standing around until somebody says, "Okay, we'll take him and you get him. (Snickers snicker) Boy, what a Joke."

Jokes like me got this reputation by scoring somewhere between below average and abysmal on every skill test of the year, year after year. The chin-up, sit-up, somersault test, the run-pass-kick test, the 30-second lay-up test, the one-mile run test—you name it, I flunked it.

Now as I say, I didn't start out to be a Joke. I started out as a football player, back in the first grade, but got off to a shaky start. Everybody on the team was supposed to buy his own red jersey. My mom couldn't find a single red jersey in town, so she bought what she thought was the next best thing: maroon. When I showed up for the first practice, there were 20 guys in red, two in maroon. "Okay," says the coach, "let's divide up into two teams here and run a few plays. Everybody in red is one team, and you two purple guys are the other team. You two see if you can stop the red fellas."

We didn't do all that well against the other 20, but from that moment on, the coach had me pegged as a defensive lineman, no doubt in recog-

Confessions of a Touch Football Dropout Who Suffers the Heartbreak of Phys.Ed. but Finds Hope at Last in the New Fitness

by DON AKCHIN

of my size and brains. I was all of 3-foot-6, weighed almost 50 pounds including shoulder pads, and was the only guy on the team who could spell encyclopedia. Like the rest of the big dumb linemen, I crouched down at the line, listened for the word "hike," and tried to push those giant 4-foot brutes on their cans before they pushed me. They always won. After awhile I took to sidestepping them altogether. Later in the season, someone accused me of biting him through a helmet, chin strap and mouthpiece, no less. I left the game in tears and my mom assured me I would never have to play again. I was relieved. So was she. She thought football was too dangerous. That may have been in the back of her mind

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Old Fit Versus New Fi

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4 INSIDER

lightweight eights finished 19th and 32nd with times of 17:48.6 and 18:53.3. Two of the more notable individual accomplishments of the day were Pete Billings's fifth place finish in the lightweight singles and Assistant Provost Hartley Rogers' third place finish in the veteran's singles.

score board

Sunday

Sailing 2nd in McMillan Cup
Sailing 2nd in Smith Trophy
Women's sailing 2nd in Victorian
Coffee Urn

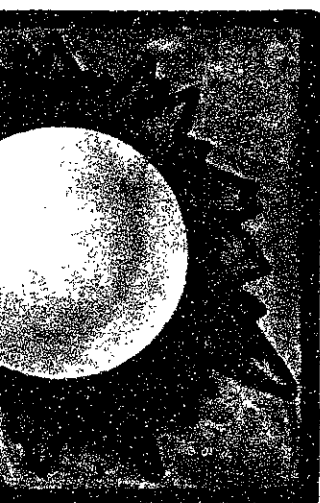
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ught me a maroon jersey. short hop, step and jump football washout to full-e. All it took was a steady ative reinforcement and doses of the Old Fitness.

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Fitness refers to physical I learned it (or learned of secondary schools. It was: vely physical. Mind and eated as separate. It was at most people had either own; only rare specimens ne was irrelevant to the

rative. Every student's e was ranked against a dard for that age group—the standardized tests in m. Your ranking told you were normal, better than Joke.

itive. The idea was always ybody else in the class— n academics. This was ue for team sports. V-I-C-Victory! Victory! Is Our e. Physical exercise was a for misbehavior. "What son? Okay, son, take 45 ound that backstop out e the rest of us stay inside ool and play some basket- ke off."

Fitness and I were not ch other. I was obviously s rules. Meanwhile I was s" in everything but gym eved in the mind-body clear that my mind was my body was not. So I that my body was just not If I were never going to be son or Arnold Schwar-

zenegger or Rod Laver or Hank Aaron, then who needed it? Big deal. Could Einstein do layups?

The Old Fitness is still irrelevant to me. For years I thought that was the only fitness there was.

Fortunately for me, and many others who have been turned off over the years by the Old Fitness, it is no longer the only system. If you read the latest literature on sports and exercise, you'll notice a distinct change. The experts are taking a turn to the East—borrowing concepts and attitudes from Oriental philosophies—and also a turn to the new branches of psychology which emphasize human potential. From my viewpoint, those are turns for the better.

This New Fitness is:

- **A body-mind integration.** The physical, mental and spiritual are all interrelated. The body is not a machine that needs maintenance to run efficiently and works independently of the mind; it is a part of the whole person. Physical well-being improves mental alertness, relieves anxiety and tension, even helps you sleep better.

- **Noncomparative.** You don't rate yourself against a "norm"; you set your own standards, based on your own needs and objectives. You also are free to set your own pace.

- **Noncompetitive.** You compete with no one, not even with yourself. There are no losers, only a winner—you. Some people are just noncompetitive by nature and by body type. One exercise physiologist says 70 percent of all body types are not represented at the Olympics because competitive sports are only appropriate for certain bodies. There are sports and activities, though, for every body.

- **Fun.** Exercise and activity are to be enjoyed, not taken like medicine. If your only motivation for doing something is that you *should* because it's good for you, you probably won't continue it for long. You're also missing the point. Sport and recreation aren't supposed to be work or punishment. The play's the thing.

After reading some literature by members of the New Fitness school, I have embarked upon a fitness program of my own. Nobody is more surprised than me. I don't expect to ever look like O. J. or Arnold (or Chris), but that isn't important.

The New Fitness recognizes that you don't have to be an athlete to be fit; and better yet, that you need not train like an athlete to be a fit nonathlete. The idea is to meet your own needs for your own body and your own life. You don't have to work at it; it's far better for you to play. And you don't *have* to do anything.

Fringe Benefits of Getting Fit

If you do decide to play, though, some fine fringe benefits may come your way. (Under the Old Fitness, many of these are supposed to be reasons why you *must*, without delay, make yourself fit. Advocates of the New Fitness are firm believers in the fly-catching properties of honey.) The fringe benefits of fitness include these:

- **Fitness improves appearance.** Fat is stored energy, and it gets stored on your body when you ingest more calories than you expend. Any exercise, strenuous or just swinging your arms around, burns off calories. All it takes to burn off 100 calories is a 20-minute walk, or a 15-minute bicycle ride, or a nine-to 12-minute swim, or a 10-minute jog. Exercise won't make any dramatic changes in the short run, but exercise combined with a moderate

diet is the ideal way to take weight off painlessly and stay trim.

Even if you don't need to lose any weight, exercise can trim up your body. As you exercise more, the proportion of muscle in your body will increase and the proportion of fat will decrease. Muscle tissue is denser than fat and takes less space; so even without a drop in weight, exercise can make your body leaner.

- **Moderate exercise has a tendency to decrease appetite,** which also works to improve body appearance by reducing the calories ingested. Strenuous exercise tends to increase appetite; this is the body's natural mechanism for getting enough calories to meet its energy needs. Unfortunately, as activity drops off, appetite does not respond in kind. Inactive people, consequently, have larger appetites than moderate exercisers and burn off fewer calories.

- **Exercise relieves tension.** Fitness enthusiasts call exercise the best tranquilizer known. And it makes sense.

EXERCISE COMPARISONS

Here are some of the benefits and disadvantages of eight of the more popular forms of physical activity

Activity	Benefits	Disadvantages	Warnings
Jogging	Excellent conditioner for endurance, lung and heart capacity. Building strength. Equipment inexpensive. Requires no special facilities.	Requires preliminary start-up program. Does nothing for flexibility or strength (except legs). Tightens muscles in back of leg and calf; shortens Achilles tendon.	Persons 30 and older should have a physical examination first. Wear good running shoes. Watch out for dogs.
Walking	Good beginner exercise, especially for people out of shape. When done properly, maintains heart and lung capacity. No equipment or facilities needed.	Walking speed of 5.6 miles per hour necessary for conditioning effect on heart.	Don't expect fast results from walking alone.
Swimming	Excellent conditioner for endurance. Exercises virtually all muscles in body. Especially suitable for persons recovering from hip, knee or ankle problems. Considered best all-around exercise.	Requires a body of water.	Don't swim alone.
Tennis	Excellent for body shaping, flexibility and agility. May develop endurance if played vigorously. Strengthens arm muscles.	Requires a court and an opponent. Equipment and accessories moderately expensive. Activity is sporadic. Only improves endurance if players run for the ball; doubles play does not develop endurance.	May cause anxiety in players who worry about their game.
Cross-country skiing	Perhaps best sport for developing endurance. Develops arm and shoulder muscles. Injuries less common than in downhill skiing.	Requires preconditoning program to develop muscles. Requires snow and proper terrain. Moderate equipment costs.	Be prepared for cold and high altitude.
Gymnastics	Good for flexibility and muscle tone. Good warm-up for other activities. No equipment necessary.	Boring. Does not develop endurance unless done very vigorously.	
Bicycling	Develops endurance if done vigorously. Develops leg and back muscles. Can be scenery while exercising.	Only builds endurance if done vigorously. Moderate equipment cost. Will not give maximum benefit to muscles in legs, ankles and foot unless leg is fully extended when pedal is at bottom of circle.	Use a bicycle path if possible. Watch out for cars if not possible.
Weight training	Excellent for developing muscular strength. Can enhance performance in other athletic activities, including volleyball, basketball and golf. Can be done at home with homemade or low-cost equipment.	Does not aid flexibility or endurance. Lifting heavy weights narrows blood vessels in muscles and hinders circulation. Advanced weight lifting requires access to gymnasium.	Start light, start slowly, warm up first. May be hazardous to persons with tendency toward high blood pressure.

Sailors outstanding, win Greater Bostons

By Audrey Greenhill

This past weekend the varsity sailing team gave its best performance of the season by winning the Oberg Trophy and placing second in two other major regattas.

Saturday, MIT hosted the Oberg Trophy, which is the Greater Boston Championship. Traditionally, seven Boston schools compete in three divisions, one Lark and two Tech dinghy. A good constant breeze prevailed throughout the regatta. Top honors were won in the Larks and one Tech division by skippers Elliot Rossen '79 and Lenny Dolbert '79 with crews Martin Prince '80 and Hoon Won '81. In the other Tech division, Bill Dalton '80 and crew Jordan Kriedberg '79 finished a respectable third. Tomorrow the team will be competing in the Schell Trophy, the New England fall championships.

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The MIT women's crew who placed fourth (from l. to r.) Cindy Cole '78, Mary Zawacki '79, Diane Medved '80, Liz Fisher '80.

MIT women

By Cindy Cole

Seeded 36th in a field of 40 crews, MIT's women cruised home to a strong fourth place finish in last Sunday's Head of the Charles Regatta. Wisconsin, the only college crew faster than MIT, finished in first place with a time of 18:06 minutes to MIT's time of 19:11. Second and third places were taken by Vesper, a Philadelphia Club crew and St. Catharines's, a Canadian club crew.

Among the many eights defeated by MIT were Radcliffe, Mount Holyoke, Dartmouth, Syracuse, BU, Brown, Cornell, and Pennsylvania. The memory of a race on the Connecticut River just two weeks ago in which Tech placed third behind Dartmouth and Mount Holyoke made this victory particularly pleasant.

Rowing in the eight were: Bow, Renee Roy '78; 2, Liz Fisher '80; 3, Diane Medved '80; 4, Robin Miles '78; 5, Joan Whitten '80; 6, Marie Deane '80; 7, Mary Zawacki '79; 8, Charlene Nonara '78.

Entered by over 3,000 oarsmen and women, the Head attracts

crews, American 100 or begins extend River. 40 she startin vals

Bridges, buoys and curves in the river make the course treacherous at best as each crew strives to pass and not be passed by other crews. Due to restrictions on the number of boats in a race from one school, a women's eight rowed in the men's junior eight event finishing 36th. One four, in the women's four event finished 26th and another four, racing with the lightweight men finished 35th.

Coach John Miller '74 says that the crew is beginning to row well. "We are nowhere near the level of conditioning we should reach by the Spring racing season," he added. Part of the improvement in this year's varsity team is due to the strong freshmen squad which Coach Doug Looze '74 developed last year.

Several of the varsity men's boats did very well. Finishing

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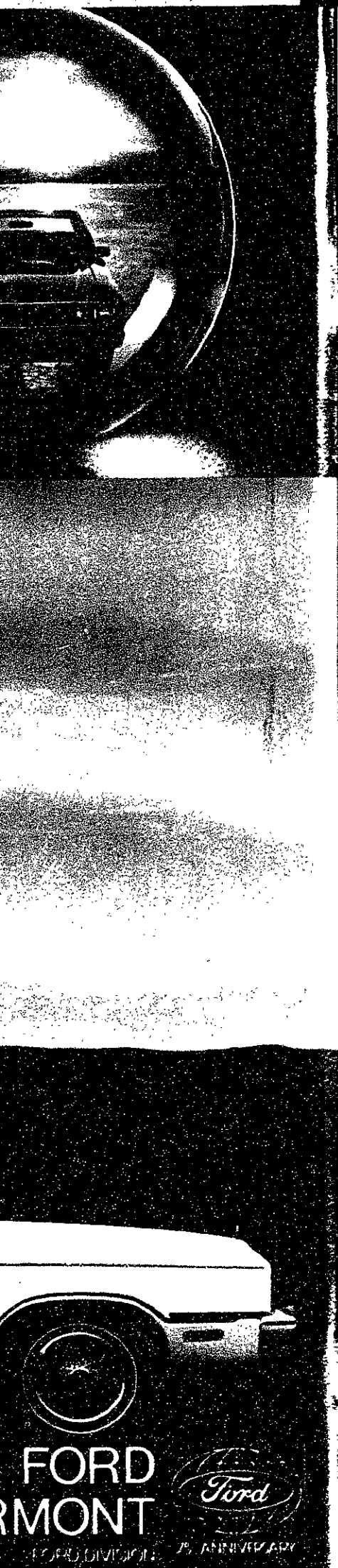
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Stress is the body's response to danger or challenge: the heartbeat quickens, adrenalin rushes in, the senses leap to attention. This is called the "fight or flight" response, and it's a marvelous survival instinct that has been programmed in humans for millions of years. Unfortunately, we still experience this response today, when there's no one to fight and nowhere to take flight, and the stress has nowhere to go. It stays inside the body in the form of ulcers, headaches or psychosomatic illness. Vigorous exercise, such as running, swimming or clobbering a tennis ball, is fighting and fleeing—or doing what the human body was intended to do. And out flows the tension.

- Exercise stimulates mental alertness. Tension is a real energy drain, for one thing, so releasing tension frees mental energy for other tasks. In addition, exercise stimulates the flow of blood and oxygen to all parts of the body, including the brain.

- There is a widespread belief—though scientific proof is not absolute—that regular exercise prolongs life. It has been proven, however, that performing certain exercises regularly can increase the efficiency of the heart, lungs and circulatory system. This certainly *ought* to prolong life, or at least protect you from heart and respiratory diseases.

- Some fitness enthusiasts claim exercise can get you high. They say that after 30 to 45 minutes of continued exertion, the body gets a "third wind," which results in a peaceful state of mind not unlike meditation in which thoughts and images float past and connect in creative ways.

- Finally, all the New Fitness experts and many of the Old Fitness

advocates insist fitness stimulates the sex life. You look sexier because your muscle tone is firmer, and you have all sorts of surplus energy and vitality.

Yessir, coach! Which backstop did you say?

Putting Together Your Personal Fitness Program

What exactly is fitness? How do you know whether you are fit?

Under the Old Fitness this question is answered by taking a few tests and comparing your performance to the "norm." The New Fitness leaves every individual to arrive at his or her own answer, based upon individual needs, personal goals and different life styles.

The New Fitness definition is less precise but more flexible: you are fit if you can work effectively all day at your normal tasks; if you have enough energy left at day's end to invest in leisure activities; and if you have the stamina and strength to withstand an unexpected physical emergency—running a block to catch a bus, for instance, or rearranging all your furniture.

By this definition, a healthy, physically fit accountant would not be in the same shape as a healthy, physically fit lumberjack. But there's no need to be.

Fitness can be divided into three basic factors: endurance, strength and flexibility.

Of the three, endurance is the factor that is most often cited as the key

To count your pulse or heart rate, turn your palm up and move the second and third fingers on the other hand up your wrist, along the thumb side, until you feel a steady beat. You can also find your pulse by running the second and third fingers along your neck, about an inch below the curve of your jawbone.

Using a stopwatch or a sweep second hand, count the number of beats in 15 seconds, and multiply by four. You cannot get an accurate count immediately after strenuous exercise if you count for an entire minute, because the heart rate drops off quickly.

indicator of fitness. And the exercises which build endurance have the greatest effect on your overall health. If you perform a rhythmic or "aerobic" exercise long enough, often enough and hard enough, some definite physical changes take place inside your body. The arteries leading into your heart enlarge; new capillaries develop around the heart; the heart pumps more efficiently, forcing more blood through the body with each stroke and resting longer between strokes. The lungs also work more efficiently, processing more oxygen with each breath. These changes are called "training effect."

The exercises which can provide you with training effect include jogging, swimming, bicycling, brisk walking, rowing, rope-skipping, some forms of dancing, skating, hiking, cross-country skiing, and vigorous games of basketball, handball, squash, hockey, tennis (singles) and soccer. But the physical changes happen only if you do three things:

1. Exercise at enough intensity to increase your heart rate to between 70 and 85 percent of its maximum rate. (The maximum is roughly 220 minus your age for males, 226 minus your age for females; for a 20-year-old male, the maximum rate is 200 beats per minute, and exercise must be intense enough to achieve a rate of 140 to 170 beats per minute.)

2. Keep your heart rate at 70 to 85 percent of maximum for at least 10 minutes, and eventually for 20 minutes or more.

3. Perform this intensive exercise regularly, at least three times a week (preferably every other day).

It's an all-or-nothing proposition. All three of these requirements must be met, or no training effect takes place. It takes several months of regular exercise to accomplish the physical changes.

The New Aerobics, by Kenneth H. Cooper (Bantam Books, 1970, \$1.50)

How Many Calories Do You Burn in Different Activities?

Figures in column one are calories per minute per pound of body weight. To compute how many calories you burn in any activity, multiply the number in column one by your weight and by the number of minutes. Figures in column two provide an example: one minute of activity for a body weight of 150 pounds.

Activity	Cal/min/ lb.	Cal/ min/ 150 lb.	Activity	Cal/min/ lb.	Cal/ min/ 150 lb.
Badminton:	.039	6	10 mph (6 min/mile)	.1	15
Bicycling:			12 mph (5 min/mile)	.13	20
Slow (5 mph)	.025	4	Sailing:	.02	3
Moderate (10 mph)	.05	8	Moderate (Rec)	.036	5
Fast (13 mph)	.072	11	Vigorous	.064	10
Calisthenics:			Skiing (Snow):		
General	.045	7	Downhill	.059	9
Canoeing:			Level (5 mph)	.078	12
2.5 mph	.023	3	Soccer	.063	10
4.0 mph	.047	7	Stationary Run:		
Dancing:			70-80 cts/min	.078	12
Slow	.029	4	Swimming (crawl):		
Moderate	.045	7	20 yds/min	.032	5
Fast	.064	10	50 yds/min	.071	11
Football (tag)	.04	6	Tennis:		
Golf	.029	4	Moderate	.046	7
Handball	.063	10	Vigorous	.06	9
Hiking	.042	6	Volleyball:	.036	5
Jogging:			Walking:		
4.5 mph (13:30 mile)	.063	10	2.0 mph	.022	3
Judo, Karate	.087	13	4.0 mph	.039	6
Mountain Climbing	.086	13	5.0 mph	.064	10
Running:			Water Skiing	.053	8
6 mph (10 min/mile)	.079	12			

From *Individualized Fitness Programs* by Frank Vitale, Prentice-Hall, Inc., Englewood Cliffs, NJ, © 1973 by Prentice Hall, Inc.

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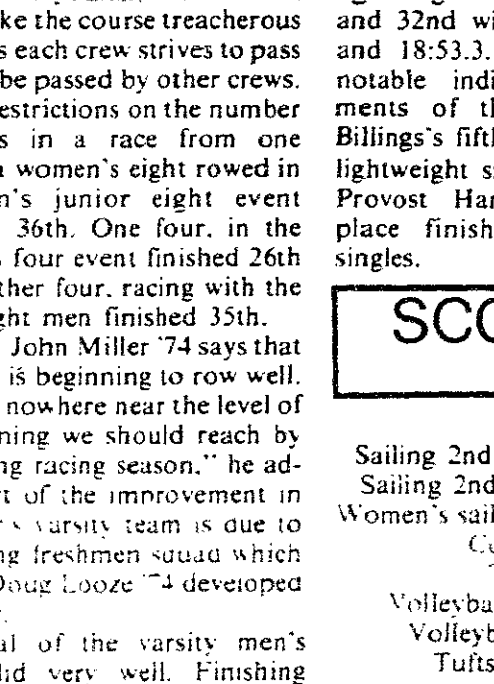
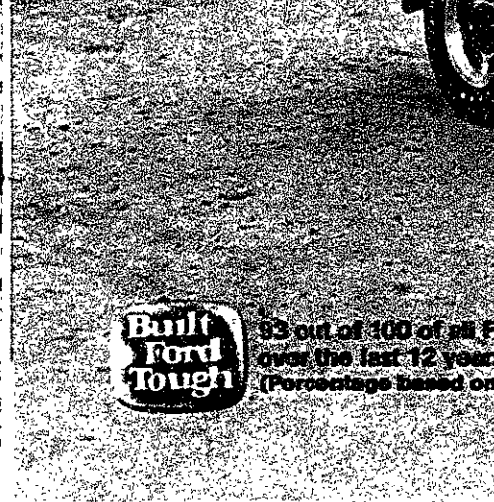
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score board

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Sailing 2nd in Smith Trophy
Women's sailing 2nd in Victorian Coffee Urn

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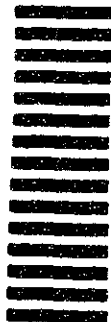
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offers a series of exercise programs in eight different activities which will meet all three requirements for achieving a training effect. The routines can be tailored to your individual needs.

Although endurance exercises are the most beneficial, by themselves they are seldom enough to assure fitness. An important reason is that without adequate strength and good flexibility, you will quickly injure yourself attempting to do endurance exercises. Jogger's knee, tennis elbow, strained backs, pulled muscles and other ailments which often hit persons early in their fitness programs—and often terminate those programs forever—can be avoided by supplementing jogging, tennis and other endurance-building activities with some muscle-developing and muscle-stretching routines.

The fastest and surest way to increase muscular strength is by working with weights. This can mean lifting hefty barbells in a gym, or it can mean simply supplementing calisthenics by adding five- to ten-pound weights to the routines. (And women, weight training will *not* give you muscles like Arnold Schwarzenegger. Big, bulky biceps are a biproduct of the male hormone testosterone; women can get stronger without getting bigger. In fact, the last six winners of the Miss Texas pageant have lifted weights to shape up for Miss America competition.)

There are other exercises that will add strength in specific muscle groups, such as sit-ups (abdomen) and push-ups (arms). A few of these may suffice to keep your elbows and knees in working order.

Flexibility is extremely important if you are already doing endurance exercises. Generally, flexible bodies absorb more stress with less injury—like willow trees that bend with the wind but don't break. Specifically, some exercises develop—but also tighten and shorten—key muscles. Running shortens the calf, hamstring and lower back muscles, for example. Unless running is supplemented with flexibility exercises to stretch these muscles out again, the body gets out of alignment and the inevitable result is injury.

Ballet is one of the best exercises for all-around flexibility. Yoga also comes highly recommended as a gentle, gradual way to stretch taut muscles.

Any comprehensive physical fitness plan of the Old Fitness school—for example, the Royal Canadian Air Force and YMCA programs—will include both strength and flexibility exercises that you can handpick for your needs.



Tips for the Novice

If you're gearing up for a little physical activity, here is some general advice to keep in mind before you start:

- Always warm up for at least 10 minutes before beginning any strenuous activity. It's a shock to your heart when you bound from a virtual standstill to a full-tilt gallop. Work your way up slowly.
- Equally important is to cool down for at least 10 minutes when you have finished exercising. When your muscles have been pumping over and over and suddenly you stop, sit down or stand still, blood tends to pool in those muscles. In many cases you will feel faint—because not enough blood is leaving those muscles for your brain. So decrease activity gradually. If you have been running hard or playing tennis, keep walking and swinging your arms to move the blood around.
- Don't strain. Many exercise programs end after one week, when a well-intentioned but overly enthusiastic fitness novice tries to do too much too soon, and ends up with aches and pains and sprains. Start slowly, don't ever push yourself to the point of collapse, and let everything take its course gradually. Nothing about fitness is instant. But what

takes a long time also may last a long time.

- Don't exercise immediately after a meal. This may lead to nausea. Wait two hours. If you cannot exercise on an empty stomach, drink some water or juice and wait a few minutes. There is nothing harmful, however, in drinking water in the middle of a hot set of tennis.

- Pay attention to pain. That's nature's way of telling you something is wrong. Pain is an early warning signal, and if you persist in the face of pain you are asking for more serious injuries. When it hurts, ease up.

I wouldn't trade my body for anybody's. In the years we've been together I have become rather attached to it. At the same time, I could stand to improve it a good bit.

My own fitness program is in its fourth week now. Five evenings a week, my lovely partner and I slip into our shorts and shoes, stretch for 10 minutes, then jog a mile on a grassy boulevard. We walk for another 10 minutes or so to cool down, then call it quits.

This program has endurance and flexibility training but no strength exercises. Perhaps we should add them. Last weekend while cleaning out the basement, a cast-iron bathtub pinned me to the wall and smashed my finger. If it happens again we may add some push-ups, or even lift weights, but for the moment we feel content lifting forks.

I never thought I would exercise again, ever. But it is fun. It relieves tension, boosts my energy, suppresses my appetite (ever so slightly) and makes me feel good about myself. It's my program, at my pace, for my needs, and the only judge of whether it's successful or adequate is yours truly.

I hereby declare it adequate and successful.

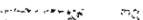
Here's hoping you enjoy your fitness just as much. □

Staff writer Don Akchin is a 149-pound New Fitness enthusiast.

FOR MORE INFORMATION

If you're now inspired to embark on your own fitness campaign but need more information to get you going, the following books can be valuable resources:

- *The New Aerobics*, by Kenneth H. Cooper (Bantam Books, 1970, \$1.50). Has gradual training programs in several activities for cardiovascular conditioning.
- *Aerobics for Women*, by Mildred Cooper and Kenneth H. Cooper (Bantam Books, 1973, \$1.75). Cooper's famous exercise scheme (originally developed for the Air Force) carried a step further.
- *Royal Canadian Air Force Exercise Plans for Physical Fitness* (Simon and Schuster, 1976, \$1.95). Daily routines for all-around fitness.
- *Dr. Sheehan On Running*, by George A. Sheehan (World Publications, 1975, \$3.50). A good introduction to the New Fitness, especially for joggers.
- *The Official YMCA Physical Fitness Handbook*, by Clayton R. Myers (Popular Library, 1975, \$1.50). Complete fitness program taught on the Old Fitness model.



Cup, a nē

The St. Louis Cardinals, coached by Mike LaVack, won the largest crowd at the Coast Guard Regatta, ahead of the varsity team, which finished second. The team's success was supported by a strong finish in the

A varsity also held. Although mediocre freshmen Robine finished will represent in the championships.

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The Thinking Person's Guide to Losing Weight

If you want to *lose* weight, you have to pay attention to what you are doing to *gain* weight. You can't idly nibble on Fritos as you study, thoughtlessly order fries-and-shake at lunch or carelessly take part in beer blasts without paying the consequences—another millimeter or so of fat deposited where you don't want it.

I recently gained some insights into the secret dietary life of college students while teaching a nutrition course at Columbia College in Chicago. I asked everyone in the class to record what they ate during one typical day and to analyze the day's nutritional input. The papers turned in revealed that on the average, my students were getting what is considered normal nutrition. But individual diets ranged wildly. Behind the statistics, the real people were either starving or stuffing themselves.

Two women ate the least, about 500 calories a day, while another ate the

most, about 3,000. Several men were eating about 1,700. Some ate mostly protein, others mostly carbohydrate. Some ate no animal flesh; some lived on fish; most ate lots of junk; a few ate such combinations as cracked-wheat bread, yogurt and beer.

Most of the students in the class were living by a mixture of half-understood concepts of "good" nutrition, "natural" foods, vegetarianism, Adelle Davis and established standards of dieting. Their confusion about how the body uses and stores food was often more a deterrent to successful dieting than was a lack of willpower.

You don't have to take a nutrition course to learn how to lose weight, but before you begin any diet you do need to know how your body processes foods—so you'll know why some diets will work every time and why others won't ever work, despite their claims. Once you know this, you'll be

I would like to suggest an alternative for would resolve many of the problems associated with the current system. For one, it would yield a team championship. All teams would play other teams. Second, since teams would be playing matches against each other, it would eliminate the need for the team playing to watch the games. Third, it would, to a degree, alleviate one of the problems associated with the current system — the large numbers of games which are played in quick succession as they reach the higher levels. One of the doubles champions remarked that the current system of singles competition after hurting his shoulder was the worst of the day.

The alternative is this. Each league will be consisting of four teams. Each team in a division will play once for a total of three games each. This will be in a division. Then, within each league (including the division) there will be a round robin tournament among the members. This will yield league champions. The league will be the intramural champions. Again, a sort of single elimination tournament among the leagues. League might also be good, but I feel that this is the team championship play.

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Proteins which are not called amino acids are the building blocks of life. They are like fats, they have a long chain of hydrocarbons, but they are unlike fats, they contain nitrogen and sulfur.

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at together a personal diet best for you.

Does

ut aside the aesthetics, the food is to provide the body with a variety of carbon compounds as its source of energy and for forming and maintaining and for carrying on the life. Ultimately, you eat only food can provide the chemicals your body needs. Chemicals are called **nutrients**. Basic nutrients are protein, fat and fat. There are also vitamins and minerals and trace elements. Altogether, food provides all us, you need between 45 different compounds to live and stay healthy.

You need protein. In fact, the word comes from the Greek word for "protein." It was the synthesis of the cosmic ooze of primitive life which gave life its start here. Water, your body contains more than anything else. Bones, blood, skin, mucus, hormones are made of

are complex chemicals made of component chemical **amino acids**. These literally building blocks of life. They are and carbohydrates in that chains of carbon atoms and hydrogen and oxygen. They are in them in that they also hydrogen and sometimes sul-

known amino acids come from a multitude of ways to form proteins. Unlike plants, make all these amino acids, take only about half. We get the rest from the foods we eat. We need are called the **amino acids**.

You're taking "predigested" protein and following *The Last Diet*, you do not eat amino acids themselves. You instead eat such foods as meat, milk, eggs. During digestion these are broken down into amino acids. Your body then has the options to put together proteins from amino acids; converting them to fat; or, further, to fat; or for energy; or excreting

from animal sources. Eggs contain plenty of amino acids you need. But from plant sources do not. Fruit, grains, beans, nuts are deficient in one or another of amino acids. The body can use protein food as well as meat food, but only when it has the amino acids present at

the same time. You do not store amino acids. This means vegetarians have to eat the proper combinations of plant protein foods, such as rice-and-beans or wheat-and-beans.

Carbohydrates (starches and sugars) provide your body with immediate energy. Your brain and nervous system must be powered by the sugar glucose to function. Because of its important energy function, the body makes glucose from both amino acids and fatty acids, as well as from other sugars and starches. This means that, in essence, you probably don't even have to eat any carbohydrate. However, in real life, people eat carbohydrate foods as filler: for example, bread. The body converts oversupplies of glucose into starch (glycogen) which is temporarily stored in the liver and muscles for use as needed.

You don't need much **fat**, but you do need some. You especially need linoleic acid and arachidonic acid. Your body can make the second if it has enough of the first. You get linoleic acid in such vegetable oils as corn, peanut and safflower oils (but not olive or coconut oil). You need fats to maintain cellular membranes, store certain vitamins (A, D, E, K), keep your skin supple and be involved in the workings of some hormones. Body fat is the long-term energy storage depot.

You eat grams, ounces and pounds of protein, carbohydrate and fat every day. The other nutrients you eat are called **micronutrients** because you only need milligrams or less of each. These include vitamins, minerals and trace metals. If you eat a well-rounded diet you should get enough of the essential vitamins (A, C, D, E, K and all the B's), as well as the important minerals such as iron, calcium, phos-

Americans on a national scale, consume 1,353 pounds of food per person per year, or 3.71 pounds per person per day. That amounts to 1.2 million calories per year, or 3,293 calories per day—enough to sustain a construction worker or lumberjack at 190 pounds, or a moderately active weekend athlete at 220 pounds.

Over a year's span, that's a total for each person of 182 pounds of meats, 271 pounds of milk and cream, 98 pounds of fresh vegetables, 118 pounds of potatoes, 100 pounds of sugar, and 112 pounds of flour.

phorus, potassium, zinc, iodine, fluorine. But to make sure you get it all, taking a vitamin-mineral supplement every day is wise. (Vegetarians need to be sure they get Vitamin B₁₂, otherwise available only in animal foods.)

What's a 'Balanced' Diet?

A balanced diet means eating foods from the basic four food groups—dairy products, protein, fruits-vegetables and cereals-grains. You also need to drink about one-and-a-half quarts of water or liquids a day. Eat as much uncooked, fresh produce as you can, and as few highly processed foods as possible. That's often not easy at college, especially if you live in a dorm. But it can be done.

The best advice on what and how to eat is summarized in the 1977 government publication, *Dietary Goals for the United States*, prepared by the staff of the U.S. Senate's Select Committee on Nutrition and Human Needs after years of hearings and research. The committee says we can all get thinner and live longer by

reversing our national over-consumption of food in general and of fat (especially saturated fat), cholesterol, sugar, salt and alcohol, in particular. It recommends that you:

- Eat less meat and more fish and poultry.
- Replace whole milk with skim milk.
- Cut back on eggs, butter and other high-cholesterol sources.
- Cut back on sugar, to 15 percent of your daily calories.
- Cut back on salt, to a total of three grams a day.
- Eat more fruits, vegetables and whole grains.

According to the report, 12 percent of your daily calories should be protein. The report also recommends that you eat more carbohydrates than fat (especially complex carbohydrates like fruit-sugar and starch). Carbohydrates should constitute 58 percent of your daily caloric intake, of which sugar can be as much as 15 percent. The remaining 30 percent of calories you consume should be fat (10 percent saturated, 20 percent unsaturated).

What Do Calories Do?

Proteins, carbohydrates and fat can each serve as a source of energy in the body, as I explained earlier. Their energy potential is measured in calories. A Big Mac is 550 calories, a can of beer (12 ounce) is 150, a raw carrot is 20, diet cola is one. Calories simply tell how much energy a food can contribute to power the life processes in your body.

If you get just as many calories a day as your body needs, fine. If you eat more than you use, your body stores the rest. Less, and you draw from reserves. That's how human

continued on page 14

SAMPLE HEIGHT/WEIGHT CHART

MEN OF AGES 25 AND OVER*

Weight in Pounds According to Frame (In Indoor Clothing)

HEIGHT (with shoes on) 1-inch heels Feet Inches	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5 2	112-120	118-129	126-141
5 3	115-123	121-133	129-144
5 4	118-126	124-136	132-148
5 5	121-129	127-139	135-152
5 6	124-133	130-143	138-156
5 7	128-137	134-147	142-161
5 8	132-141	138-152	147-166
5 9	136-145	142-156	151-170
5 10	140-150	146-160	155-174
5 11	144-154	150-165	159-179
6 0	148-158	154-170	164-184
6 1	152-162	158-175	168-189
6 2	156-167	162-180	173-194
6 3	160-171	167-185	178-199
6 4	164-175	172-190	182-204

*NOTE: For young women between 18 and 25, subtract 1 pound for each year under 25. The absence of a similar measurement rule for young men between 18 and 25 is explained in part by the difference in growth periods for the sexes. Young women don't grow much taller after age 16 and add little weight after the age of 18, except for unwanted fat. On the other hand, the growth period of young men may continue into their early twenties.

By permission of Metropolitan Life Insurance Company.

WOMEN OF AGES 25 AND OVER*

Weight in Pounds According to Frame (In Indoor Clothing)

HEIGHT (with shoes on) 2-inch heels Feet Inches	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4 10	92-98	96-107	104-119
4 11	94-101	98-110	106-122
5 0	96-104	101-113	109-125
5 1	99-107	104-116	112-128
5 2	102-110	107-119	115-131
5 3	105-113	110-122	118-134
5 4	108-116	113-126	121-138
5 5	111-119	116-130	125-142
5 6	114-123	120-135	129-146
5 7	118-127	124-139	133-150
5 8	122-131	128-143	137-154
5 9	126-135	132-147	141-158
5 10	130-140	136-151	145-163
5 11	134-144	140-155	149-168
6 0	138-148	144-159	153-173

Sailors outstanding, win Greater Bostons

By Audrey Greenhill

This past weekend the varsity sailing team gave its best performance of the season by winning the Oberg Trophy and placing second in two other major regattas.

Saturday, MIT hosted the Oberg Trophy, which is the Greater Boston Championship. Traditionally, seven Boston schools compete in three divisions, one Lark and two Tech dinghy. A good constant breeze prevailed throughout the regatta. Top honors were won in the Larks and one Tech division by skippers Elliot Rossen '79 and Lenny Dolbert '79 with crews Martin Prince '80 and Hoon Won '81. In the other Tech division, Bill Dalton '80 and crew Jordan Kriedberg '79 finished a respectable third. Tomorrow the team will be competing in the Schell Trophy, the New England fall championships.

A team of eight was sent to the Naval Academy in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greene '79 skippered the forty foot Luders yawls to a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Navy in the spring to represent New England in the Kennedy

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MIT women

By Cindy Cole

Seeded 36th in a field of 40 crews, MIT's women cruised home to a strong fourth place finish in last Sunday's Head of the Charles Regatta. Wisconsin, the only college crew faster than MIT, finished in first place with a time of 18:06 minutes to MIT's time of 19:11. Second and third places were taken by Vesper, a Philadelphia Club crew and St. Catharines's, a Canadian club crew.

Among the many eights defeated by MIT were Radcliffe, Mount Holyoke, Dartmouth, Syracuse, BU, Brown, Cornell, and Pennsylvania. The memory of a race on the Connecticut River just two weeks ago in which Tech placed third behind Dartmouth and Mount Holyoke made this victory particularly pleasant.

Rowing in the eight were: Bow, Renee Roy '78; 2, Liz Fisher '80; 3, Diane Medved '80; 4, Robin Miles '79; 5, Joan Whitten '80; 6, Julie Donnell '80; 7, Mary Zawadzki '79; Stroke, Cindy Cole '78; and Charlene Nohara '79.

Entered by over 3,000 oarsmen and women, the Head attracts

crews from America. 100 oarsmen begins at extends River. Ea 40 shells starting g vals to Bridges.

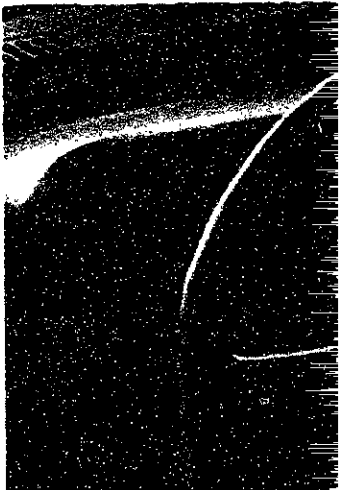
river make the course treacherous at best as each crew strives to pass and not be passed by other crews. Due to restrictions on the number of boats in a race from one school, a women's eight rowed in the men's junior eight event finishing 36th. One four, in the women's four event finished 26th and another four, racing with the lightweight men finished 35th.

Coach John Miller '74 says that the crew is beginning to row well. "We are nowhere near the level of conditioning we should reach by the Spring racing season," he added. Part of the improvement in this year's varsity team is due to the strong freshmen squad which Coach Doug Looze '74 developed last year.

Several of the varsity men's boats did very well. Finishing

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Pictured above: Standard Fiesta Sport. Opposite page: rear hatch gate of the Fiesta.

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Sailing 2nd in Smith Trophy
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Volleyball 2, UNH 0
Tufts 2, Soccer 1

I would like to suggest an alternative for next year's league. The first would resolve many of the problems associated with the current system. For one, it would yield a team champion in a division. Second, since it would be a round robin tournament, the team playing to watch the games. Third, it would, to a degree, alleviate one of the problems associated with the current system—the large numbers of games which the players play in quick succession as they reach the higher levels of the league. One of the doubles champions remarked that he was forced to stop singles competition after hurting his shoulder during the first game of the day.

The alternative is this. Each league will be split into two divisions of four teams. Each team in a division will play every other team for a total of three games each. This will yield a champion in each division. Then, within each league (including C-league), there will be a round robin tournament between the division winners. This will yield league champions. The league champion will be the intramural champion. Again, time-permitting, a sort of single elimination tournament among the best of the league might also be good, but I feel that this is of lower value than the team championship play.

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FORD DIVISION



Sailors outstanding, win Greater Bostons

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continued from page 11

beings have survived for most of our million or so years on earth. During famines we live off the energy stored on our bodies—glycogen for short-term food shortages of a day or so, and fat for long-term shortages. During feasts we accumulate glycogen and fat. You can't see glycogen, but you can certainly see most of the fat—as double chins, flapping upper arms, and protruding breasts, bellies and buttocks.

Excess calories add up, day by day and month by month. Small deposits of fat become large ones. It is easy to accumulate fat when your most rigorous physical activity is eating. And even if you are somewhat active, it's harder to burn off calories through exercise than it is to put them on by eating. Each pound of fat represents 3,500 calories, usually accumulated over a long period of overeating time. You only burn up 100 calories by 10 minutes of jogging, 12 minutes of swimming, 15 minutes of bicycling or 19 minutes of walking.

You can lose weight far more quickly and more certainly by not eating 100 calories. If you do that every day, you will have a weekly deficit of 700 calories. In five weeks

you will have lost a pound because of your 3,500-calorie deficit.

How To Construct Your Personal Diet Plan

If you have dieted before, you probably know there is a long-standing debate between the low-calorie dieters and the low-carbohydrate camp. Let it be said once and for all that the only way to lose weight is to reduce calories. If you eat mostly protein and fat—as the low-carbohydrate proponents instruct—you will only lose weight if the calories are few. What protein you don't need right away is converted to carbohydrate, and excess carbohydrate becomes fat to be stored.

Any effective diet plan will mean reducing calories, and those calories should be distributed among protein, carbohydrate and fat in a balanced way. To start, you first need to know how many calories a day to eat. To estimate this total, multiply your desired weight by 12. You probably know what weight makes you look and feel good, but if not, consult a standard height-weight chart. The 12 represents the number of calories you'll need to maintain a pound of body weight every day. This assumes

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FAST-FOOD NUTRITION: HOW IT ADDS UP

	CALORIES	PROTEIN (grams)	FAT (grams)	CARBO (grams)
McDonald's				
2 hamburgers, fries, shake	1030	40	37	135
Big Mac, fries, shake	1100	40	41	143
Big Mac	550	21	32	45
Quarter pounder	420	25	19	37
Hamburger	260	14	9	30
French fries	180	3	10	20
Chocolate shake	315	9	8	51
Burger King				
Whopper, fries, shake	1200	40	47	147
Whopper	630	29	35	50
Whopper, Jr.	285	16	15	21
Double hamburger	325	24	15	24
Hamburger	230	14	10	21
French fries	220	2	12	10
Chocolate shake	365	8	8	65
Pizza Hut				
10-in. Supreme (cheese, tomato sauce, sausage, pepperoni, mushrooms, etc.)	1200	72	35	152
10-in. pizza (cheese)	1025	65	23	140
Arthur Treacher's				
2-piece dinner (fish, chips, slaw)	900	25	45	99
3-piece dinner (fish, chips, slaw)	1200	55	64	101
Kentucky Fried Chicken				
3-piece dinner (chicken, potatoes, roll, slaw)	1000	55	55	71
Dairy Queen				
4-oz. serving	180	5	6	27
Arby's				
Sliced beef sand., 2 potato patties, slaw, shake	1200	37	40	166

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and 2nd with times of 17:48.0 and 18:53.3. Two of the more notable individual accomplishments of the day were Pete Billings's fifth place finish in the lightweight singles and Assistant Provost Hartley Rogers' third place finish in the veteran's singles.

score board

Sunday
Sailing 2nd in McMillan Cup
Sailing 2nd in Smith Trophy
Women's sailing 2nd in Victorian
Coffee Urn
Tuesday
Volleyball 2, Wheaton 0
Volleyball 2, UNH 0
Tufts 2, Soccer 1

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The alternative is this. Each league will be consisting of four teams. Each team in a division would play once for a total of three games each. This will yield division champions. Then, within each league (including the division champions) there will be a round robin tournament. This will yield league champions. The league will be the intramural champions. A sort of single elimination tournament among the league might also be good, but I feel that this the team championship play.

sedentary-type life style. If moderately active physically, if you are a real jock, or do manual work, you can use a figure of 18 or more.

maintain my 150 pounds, for I need to eat 150 x 12 or 1,800 a day. Let's say I want to lose pounds of fat a week. If one pound of fat equals 3,500 calories, I need a deficit of 7,000 calories in days. I can do this by eating 1,000 calories less a day (7 days x 1,000 = 7,000 calories a week).

subtracting 1,000 from 1,800 gives me 800 calories, the amount I should eat every day until I get to that weight. Two pounds a week is what you should expect to lose. The American Medical Association is usually unwise to try to lose more than two pounds per week. Rapid weight loss may leave you ill, grumpy and vulnerable to

in addition to counting the number of calories you eat, you need to be sure of getting certain amounts of protein, carbohydrate and fat. There are four calories in every gram of carbohydrate and in every gram of carbohydrate there are nine calories in a gram of fat.

Following the Select Committee's recommendations, 12 percent of a balanced diet should be protein. Twelve percent of 1,800 calories is 216; divided by four calories per gram means I can eat 54 grams of protein each day. If carbohydrate makes up the recommended 58 percent of my diet, I can eat 108 grams of starches and sugars. Ten percent of 1,800 calories is 180; divided by four calories per gram is 45 grams. Fat, at 30 percent of the diet, is 540 calories; divided by nine calories per gram is 60 grams. My diet now looks like this:

Protein, 54 grams	216 cal (12%)
Carbohydrate, 108 grams	432 cal (24%)
Fat, 60 grams	540 cal (30%)

There's one problem with the diet. There's not enough protein. According to the Recommended Allowance established by the National Academy of Sciences—National Research Council, I should be getting a minimum of 55 grams of protein a day (women, because of their smaller builds, need less—45 grams). I need to add more protein. So this, I'll take from carbohydrate. Here is the adjusted, final diet of my reducing diet:

Protein, 65 grams	260 cal (14.4%)
Carbohydrate, 85 grams	340 cal (18.9%)
Fat, 60 grams	540 cal (30%)
Total	1,140 cal (100%)

Now you've worked out a guide for yourself, the next step is to

look up foods and figure out how to spend those grams and calories. You will soon see that there are very few foods which are pure protein or pure carbohydrate. Most foods are mixtures of these two, plus fat. There are also totally fat foods, such as butter, margarine, lard and salad oils.

Get a copy of the *Nutritive Value of Foods* from the U.S. Government Printing Office, Washington, D.C. 20402 for 85 cents. Another good reference is Jean Carper's *The Brand Name Nutrition Counter* (Bantam, \$1.95).

You'll find that a cup of cottage cheese costs you 233 calories, for which you get 28.6 grams of protein, 6.1 grams of carbohydrate and 8.8 grams of fat.

A cup of plain yogurt is 125 calories, which yields eight grams of protein, 13 grams of carbohydrate and four grams of fat.

A cup of canned beans with sliced frankfurters is 365 calories, which gives 19 grams of protein, 32 grams of carbohydrate and 18 grams of fat.

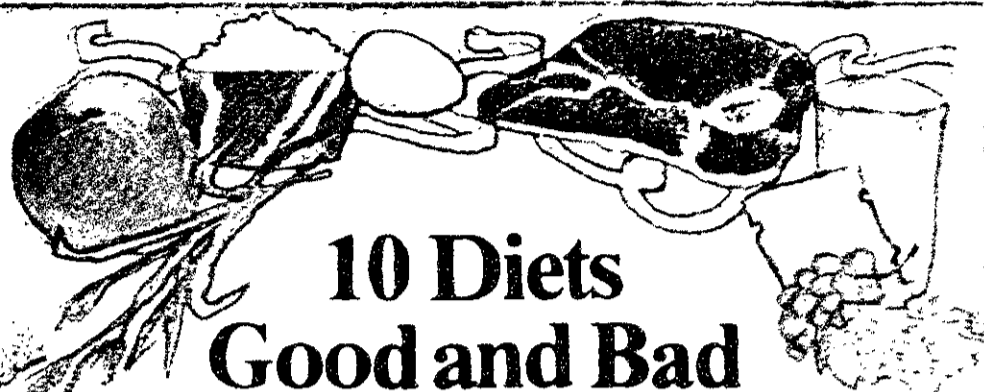
Now, if you live in a dorm or house and get your meals there, you probably can't make up the menu. But all is not lost. You can select from what is offered. That includes *not eating* dishes, such as desserts. If you can, get a copy of each week's menu plan, analyze the meals in advance and pick and choose in cool deliberation, rather than in the heated temptation of the food line. Also, if you ask, your kitchen may prepare low-calorie dishes. If you cook for yourself or eat out, you can exercise complete control of your diet. And if you're in the habit of frequenting fast-food chains, we've included an analysis of what is served there.

You may be thinking by now that this do-it-yourself diet is too hard to do. Far easier, you may think, to simply swallow liquid protein, or follow Atkins or Stillman, or simply fast.

Wrong.

For a svelte figure, you need something that will not only get your weight down, but keep it down. That requires a way of eating you can follow the rest of your life. Stay away from any diet that is not well-rounded. A vegetarian diet is okay, if you know how to mix the proteins. But diets that are no-carbohydrate, or only meat-and-fish, or high-fat are all dangerous. The best diet is one that limits your calories while maintaining a balanced combination of protein, carbohydrate and fat.

Theodore Berland, a frequent lecturer on dieting, is the author of 10 books, including *Rating the Diets* and *The Acupuncture Diet*.



10 Diets Good and Bad

Diets can come in some exotic forms and make wildly incredible claims—and who are we to resist the plan that lets us eat or drink all we want of a particular food and still lose weight quickly, effortlessly and without any feelings of hunger? Most people find it difficult to pass up the quick-weight-loss promises of the fad diets for the more tedious programs of counting calories, but the fact is only few diet plans work well over the long run—and the fad diets are not among them. Here is a look at 10 popular diet plans with a discussion of why they do or do not work.

Fasting. Many people think fasting is the quickest way to lose weight, and it is true that some very overweight people can lose as much as one pound a day on a doctor-supervised fast. Any fast beyond a day or two can be dangerous, however, and even those first few days will be uncomfortable—people report feeling hungry and listless and often complain of accompanying headache.

Zen Macrobiotic Diet. This phony, dangerous diet has nothing to do with Zen Buddhism. Invented by the late George Ohsawa, the macrobiotic diet progresses through six increasingly severe stages, the final diet consisting of only brown rice and tea. Frederick J. Stare, M.D., of Harvard University's Department of Nutrition has called it "the most dangerous fad diet around" because it lacks most vitamins as well as the critically necessary mineral, iron.

Liquid or Powdered Protein Diets. This fad started as a beauty-shop diet marketed as NaturSlim, a powder you add to skim milk for breakfast and lunch. When you add a sparse dinner, you eat about 750 calories a day. Then came *The Last Chance Diet* by Dr. Robert Linn and Sandra Lee Stuart and liquid "predigested" protein, *Protein*, originally sold only to doctors. Now it and imitators are sold in drug stores. While it can take weight off fast, it is neither complete nutrition nor the sort of food you can live on for long.

Dr. Atkins' Super Energy Diet. This is an extension of the earlier *Dr. Atkins' Diet Revolution*, which lets you eat as much protein and fat as you want but initially no carbohydrate. This high-protein diet puts your body into a state of ketosis, which can be dangerous to diabetics and hard on the kidneys. The initial weight loss is mostly a loss of body water, and eliminating carbohydrate makes most people feel lethargic.

Dr. Stillman's Quick Weight Loss. He may be dead, but his poultry, fish, cheese and eggs diet lives on. It is called the "water diet" because you must drink at least eight glasses of water a day to flush out your kidneys. It is basically another low-carbohydrate diet that has the same risks and problems of fatigue as Atkins' diets above.

Low-Carbohydrate Diets. You can realize weight loss by a sensible combination of calorie-counting and low-carbohydrate eating. First, your total calories should not exceed the number necessary to lose weight. Then, in distributing those calories among protein, carbohydrate and fat, allot 50 but not more than 60 grams to carbohydrate, limit your fat consumption to under 30 grams, and the remaining calories should be protein. Your initial loss will be water, but after several weeks, you will see real weight loss.

High-Fiber Diets. According to proponents, if you load your diet with high-fiber foods which include certain vegetables, fruits and grains—unprocessed miller's bran supposedly being the best source—this will speed digested foods through your intestines and thus minimize the chance your body has to absorb calorie-containing nutrients. Nonsense. But such diets do fill you up and give you "regular" bowel movements.

Acupuncture Diet. The internal organs have essential nerves which form branches that emerge under the skin in different parts of the body. Acupuncture stimulates these nerve branches, sending signals through the main nerve to the organ itself. Acupuncture cannot cause you to lose weight, but it can control feelings of hunger. Treatments are usually performed by a physician.

Vegetarian Diet. You can lose weight and keep it off by giving up meat. But you have to know how to mix vegetable proteins (such as rice and beans, or peanut butter and bread), and be sure you get Vitamin B₁₂ to stay healthy.

TOPS, Weight Watchers, Diet Workshop, Overeaters Anonymous. All of these diet groups can help you—providing you stick with them. They offer the best diets, the best advice and the best support from fellow dieters. There is an evangelical fervor at many of their meetings, but the person who is secure enough to see the praise and criticism for what it is—namely, reinforcement to keep to your diet—will not be turned off by the theatrics.

Spe

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score board

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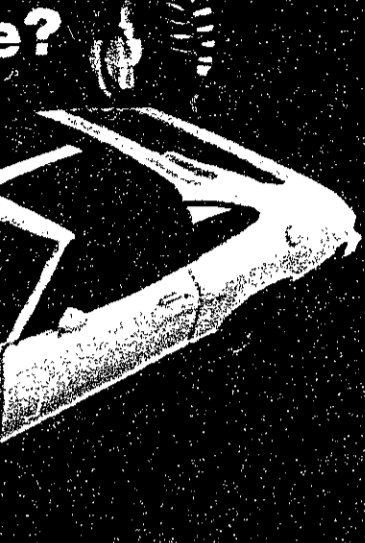
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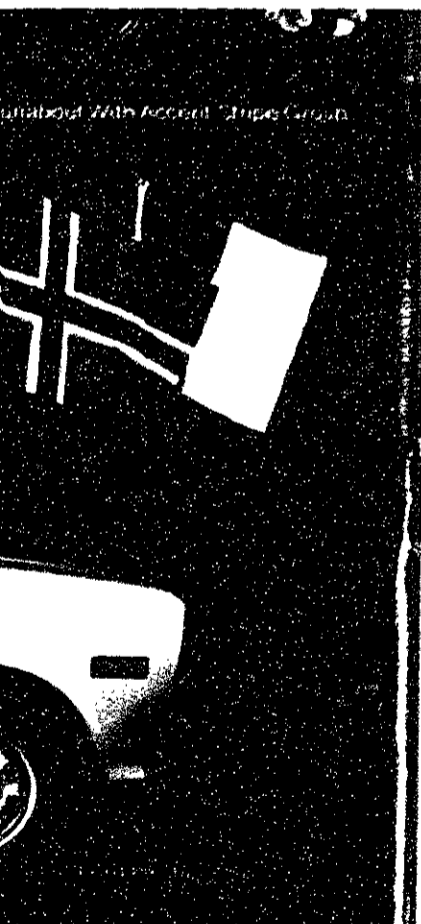


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A growing number of young people are looking for ways to feel more at home inside their bodies. This has triggered a new surge of interest in exploring both ancient Eastern disciplines and newer Western methods of working with the body. These systems are often grouped under the umbrella term of "sensory awareness"—the process of tuning in to the body's needs and sensations.

As many experts tell it, our emotions, attitudes and past experiences are all linked to physical responses in the body. Often, we ignore these body messages until serious illness or breakdown occurs. It's as if the body and the mind were tied together by a fragile cord and slowly wandering in opposite directions. Eventually, the body yanks on that cord with a sharp dose of pain or disease to finally grab the mind's attention. Sensory awareness systems aim to avoid these crisis messages by keeping mind and body in constant communication. The idea is to help the body put through a continuous flow of signals about its need for food, rest and exercise—while the mind sends back its own signals to control the body's functions and stir up new reserves of strength and energy.

Because the vast majority of these methods are rooted in centuries-old Chinese, Japanese and Indian philosophies, the same basic techniques tend to surface again and again. For instance, deep breathing, stretching exercises and mental concentration to relax various body parts are techniques used in dozens of body systems. Overall, these systems tend to fall into several distinct categories of body-working methods—from massage to martial arts. Here's a microview of some of the most popular approaches to bringing mind and body back together:

Movement

BIOENERGETICS. Alexander Lowen based his bioenergetics system on the theories of psychologist Wilhelm Reich. Reich believed that in growing up each person develops a "character armor" of past experiences which are reflected in his postures and movements. This means that past traumas and frustrations remain locked up in the body, preventing free and easy movement. Lowen developed a series of exercises to break down this character armor. For example, arching the body

in forward and backward bows is used to bring new awareness of sensations, while deep breathing and body tremors release tension. Lowen also used a series of sharp, active movements such as striking a bed or couch and kicking or flailing with the arms. These actions help the person recall his childish ability to abandon himself to movement and release emotions physically instead of keeping them bottled up inside.

Since Lowen first developed his methods, the term bioenergetics has been broadened to include a variety of approaches,

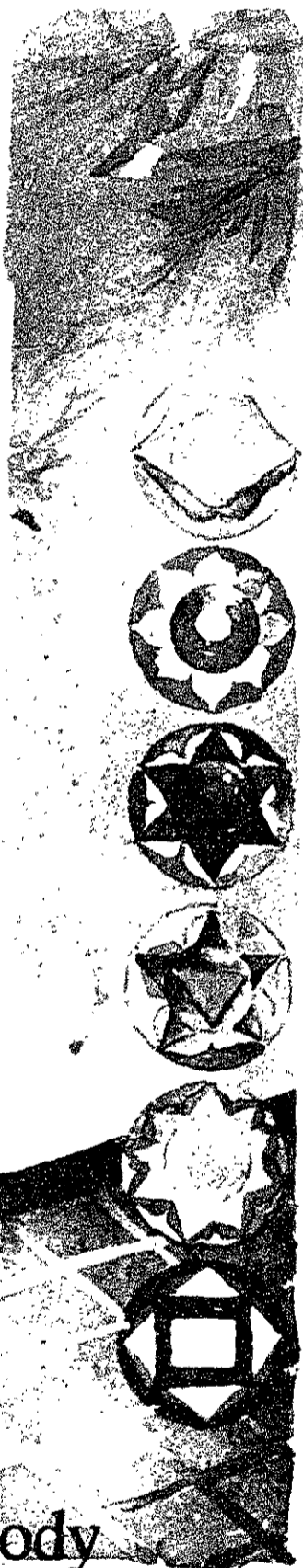
from movement by the individual to manipulation of the body by a trainer or healer. However, the major goal remains the same—to unblock tensions and patterns of behavior which interfere with the free, open use of the body.

FUNCTIONAL INTEGRATION. This movement system, invented by physicist Moshe Feldenkrais, concentrates on controlling body functions and alleviating stress. More than a thousand elaborate exercises, each with approximately 40 variations, are designed to help the student develop precise awareness of the operation of his body. He learns how to monitor the flexing of his muscles, control his breathing and feel many other body functions. The aim, according to Feldenkrais, is to organize your own body to work with minimum effort and maximum efficiency.

Most of the exercises are performed laying down. A student typically begins his session by checking where and how various parts of his body touch the floor. From here, exercises are done slowly, with no straining or effort. Some movements are performed totally inside the mind, like a mental rehearsal of activity. Those who have tried the method report heightened awareness of body functions and elimination of stiff, tight muscles. It's also possible to relieve a lot of your anxiety about future events by using the technique of mentally performing things ahead of time.

YOGA. Yoga, a Hindu discipline which dates back to prehistoric times, is probably the world's oldest system of physical and mental development.

The word yoga means "union"—the linking of mental and physical energy with *prana*, the universal life force. The unusual contortions most often associated with yoga are actually part of one branch of the discipline called Hatha yoga. Hatha yoga combines a number of postures, or *asanas*, with *pranayamas*, or



Feeling Good:

16 Ways To Get in Touch with Your Body

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breathing techniques, to promote relaxed concentration and a flow of energy through the body.

Most Hatha yoga classes teach about 12 to 15 postures which are performed sitting, standing or lying down. The *asanas* emphasize the spinal cord, which according to ancient philosophy, contains the seven *chakras*, or essential psychic energies. Each posture is supposed to stretch—but not strain—the body, and students

learn to assume many of these positions for extended periods of time as an aid to concentration. Few muscles are left untouched as the body is limbered and relaxed.

ZEN SPORTS. Zen and yoga concepts of relaxed concentration have filtered through to the sweaty world of tennis and other Western sports. A leading guru here is Tim Gallwey, author of *The Inner Game of Tennis*. In his tennis clinics, Gallwey tries to get his pupils to take their conscious, critical selves off the front lines and let their inner selves take over.

In brief, the main idea is this: the harder you try, the less effectively you perform. Your inner, nonverbal, instinctual self knows better than your nervous, nagging, conscious mind how to field that ball. Gallwey teaches a series of exercises designed to release this instinctual response and let the tennis player move without constantly monitoring, criticizing and worrying about his next action.

A similar approach appears in Eugene Herrigel's *Zen and the Art of Archery*, in which the student must struggle to let "it"—his instinct—shoot the arrow straight. A scientific explanation of this mystical-sounding process is that this technique quiets the verbal, critical right-hand side of the brain, allowing the nonverbal left side which usually guides body movement to take over and control your play.

Massage

SHIATSU. Shiatsu, which literally means "finger pressure" is a Japanese method of massage based on the fact that when you experience pain, the instinctual response is to rub the place that hurts. Shiatsu specialists explain that the body manufactures energy to contract the muscles by converting

nutrients into glycogen and combining this with oxygen. This produces a residue of lactic acid, which can accumulate in muscles during times of fatigue to create improper muscle contractions and illness. Shiatsu finger pressure on an improperly contracted muscle can supposedly cause most of this lactic acid build-up to convert to glycogen—eliminating the painful contraction.

Shiatsu uses the thumbs, fingers and palms of the hands. Treating a specific illness usually requires pressure at some point near the body part that's ailing. Sometimes, however, pressure is applied to distant areas; pressure on the soles of the feet may be used to relieve kidney problems, while pressure on the left hand is supposed to strengthen the heart. Each pressure lasts only a few seconds and usually produces a sensation midway between pleasure and pain.

DO'IN. Do'in is self-massage, an ancient method of diagnosing and quick-curing body ills which started as a secret teaching in the Orient. Do'in teaches that the universal energy force called the *ki* is received at various pressure points along your body. When you're at the peak of health, *ki* is circulating freely; when an organ malfunctions, *ki* is not properly distributed and points along the body become painful. Gentle Do'in massage uses deep, sustained pressure with the flat surface of the thumb in a circular rotation to release accumulated energy at pressure points and get it flowing smoothly through the body.

Practice of Do'in encourages students to become fully attuned to minor body dysfunctions before they become major ones. This discipline of self-awareness eventually becomes second nature, leading the individual to eat more sensibly and



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FLEXOLOGY. A West-cousin of shiatsu and In, reflexology concentrates its massage techniques on the soles of the feet. According to this theory, nerve endings in the feet correspond to the different zones of the body which contain various organs. With several pounds of pressure to the right point on the soles of the feet, pain in a malfunctioning organ can be relieved. With continuing regular use of flexology, problems can be spotted and treated before a serious malfunction can surface. Different amounts of pressure are supposed to produce different reactions. The overall goals of treatment are to relax nerve tension, increase circulation of the blood and lymphatic system, and help the body throw off various poisons it accumulates through daily living.

ROLFING. It's not easy to believe, but more than 10,000 people have paid out \$40 a session to be rolled, stretched, even mentored by rolfing masters. Developed by Dr. Ida Rolf and based on the theories of Wilhelm Reich, rolfing breaks down "character armor" with deep-muscle massage that can be extremely painful. The idea is that through this process you re-experience material from your past that has been locking you in knots—a bit like having your life flash before your eyes. Once experienced, those anxieties are supposedly gone for good, leaving the body loose, alive and ready for new encounters. Legitimate rolfing masters generally have a good working knowledge of human anatomy and are trained to know where the process will help and where it will do serious damage to body tissue. That's why it's always important to choose a skillful practitioner.

Coordinating Mind/Body Signals

RELAXATION RESPONSE. Dr. Herbert Benson's concept of the "relaxation response" is designed to provide everyday relief for the anxieties of our achievement-oriented, hyped-up, pressure-ridden society. Tension or stress produces a "fight or flight" response in the body originally designed to help primitive man fight off saber-toothed tigers and related problems. In our modern, highly stressful society, that response is produced so often that it causes illness and disease. According to Benson, each of us also possesses a natural mechanism which allows us to turn off this fight or flight response and its harmful effects.

To produce the relaxation response, Benson suggests that the individual pick a calm, quiet environment, kick off his shoes, loosen any tight clothing and sit in a comfortable chair. He should then let the mind float along, refusing to focus in on any noises or other distractions. The next step is to repeat a calming mental device—such as a word, phrase, prayer or meaningless sound—spoken silently in the mind or in a slow, gentle tone with each exhalation. Practicing this response for 10 to 20 minutes a day can result in decreased oxygen consumption, lower blood pressure, slower heart rate and an all-over sense of well-being. This exercise is essentially a form of meditation. Packaged somewhat differently, it's also practiced by students of Transcendental Meditation and Zen Buddhism.

CHRONOBIOLOGY. Most people operate on some type of cyclic pattern—eating, sleeping, working and playing on a regular schedule. We become more aware of this if we suddenly upset the

pattern by taking a jet trip or staying up too late. Now there's a good deal of clinical evidence that the pattern goes a whole lot deeper: temperature, heart-beat, blood pressure, cell division and other body functions apparently respond to definite sets of rhythms. Short-term rhythms with a cycle of 90 to 100 minutes are called *ultradian* rhythms, and rhythms repeated with a 24-hour period are called *circadian*.

Chronobiologists believe that awareness of your own specific and personal biorhythms can help explain why you are up sometimes for no apparent reason and down at other times. More importantly, it can help you plan your personal schedule in order to work, study and rest at the most efficient times. At the moment, no one is quite sure what controls the intensity and duration of biorhythms. However, you can roughly chart your own pattern by keeping a physiological record for a few weeks, noting variations in such things as temperature, mood, energy or sleepiness. You can then use these notes to work out your own best daily schedule.

INTENSIVE JOURNAL THERAPY. Dr. Ira Progoff has developed Intensive Journal Workshops which place special emphasis on what he calls "dialogs with the body." According to Progoff, our emotions, hopes and deep inner experiences are connected in our minds with body movements. Participants in his workshops list "steppingstone" memories of the body such as being tossed in the air by a playful father, looking up at a tall adult and thinking how small you are, running in the snow, playing games, breaking a leg, seeing a sunset, dancing, sweating, swimming, fighting, making love or climbing a mountain.

The student is taught to see his body as an inner person who receives these

experiences. By carrying on a mental dialog with this inner person and keeping a written record of the conversation, the student gets some insight into his own feelings about his body.

BIOFEEDBACK. This is a technological answer to getting in touch with your body. The method uses various machines to feed a subject biological information about his muscle tension, heartbeat, blood pressure—even his brain waves. Using this information, the individual is trained to mentally direct his muscles or body functions to relax or perform more efficiently.

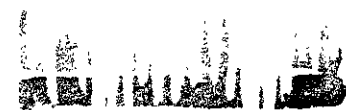
Biofeedback training has been used to regulate hypertension, help people enter different states of consciousness and even retrain damaged nerve systems. A muscle often used in biofeedback is the frontalis muscle in the forehead. A subject is hooked up to a machine which measures tension in this muscle and gives visual or audible signals to relax. With the help of this precise, instantaneous information, you can be trained to mentally control your own tension level more quickly than you could without mechanical monitoring. Similar training is now used to improve athletic skills.

Martial Arts

TAI CHI CH'UAN. Tai chi ch'uan, sometimes called "Meditation in Motion," is an ancient system of health-giving exercises rooted in Chinese religious teachings. Literally translated as "the ultimate principle," it plays out the Chinese Yin-Yang concept of balance between opposing forces with the slow, continuous shift of body weight from one leg to another.

Tai chi looks like a graceful, effortless ballet, especially if you watch a class moving through the forms in unison. Although some tai chi styles can be used for combat at

advanced levels, the discipline is most often practiced for exercise and relaxation. There are 128 movements, traditionally practiced at dawn and dusk. Many carry exotic names such as "White Snake Sticks Out Tongue" or "Golden Cock Stands on One Leg." An abbreviated version of these movements is performed by millions each day in the Peoples' Republic of China. The exercises, which are a whole lot harder than they



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look, stress balance and slow, fluid motion. It takes several months to learn the shortest set of movements and many years to master the technique.

A related practice is kung fu, which is actually a Chinese term for any form of task or exercise. The martial art known as

kung fu to Westerners uses circular motions similar to t'ai chi forms but delivered with much greater speed and force, and directed against an opponent. Students of kung fu learn to lunge for the vulnerable spots on the opponent's body as they strengthen their own pressure points and sharpen their reflexes. Punches, kicks and blocks are practiced in dance-like sets. Some kung fu styles such as the Eagle Claw teach scratching and gouging techniques, while others, like the Northern Praying Mantis, teach swordplay and quarterstaff combat. Like t'ai chi, the art takes many years to learn.

JUJITSU AND JUDO.

About 500 years ago in feudal Japan, samurai warriors perfected jujitsu into an empty-handed form of combat. Literally translated as "gentleness practice," jujitsu was first used in battle and later taught as a character-building discipline which fused mental concentration with physical force. The art of judo, an offshoot of jujitsu, was developed in the 19th century as a competitive sport. Later on, a hybrid of judo, jujitsu and other martial arts forms was introduced in the United States as Kodokan jujitsu, which is taught today.

In both judo and jujitsu, the student advances through a system of colored belts —

white for beginners through black for experts. A white-belt student spends a lot of time learning to fall down, with the sharp smack of the arm against the mat to break his fall. Graceful body rolls bring him up again into a combat stance. Grappling, throwing and escape techniques are taught with quick, fluid movements. Most students of judo and jujitsu say they gradually develop more flexibility and quicker reflexes.

KARATE. After World War II, GI's brought the Okinawan art of karate to the United States. As in jujitsu, judo, and aikido, karate students dress in the white pajama-like gi and work up through a ranking system of colored belts. Easier to learn than other Oriental martial arts, karate uses sharp kicks and punches designed to strike and retreat in a single motion. Unlike the circular forms of kung fu or the wedging and grappling techniques of jujitsu, karate stresses straight, rigid blows which emphasize speed and balance. A bellowing "kiai" sound accompanies a blow to clear the diaphragm and summon extra force to the attack.

Karate movements are practiced in dance-like sets called *katas*. In common with all the Oriental martial arts, the coordination of mind and body

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This article was prepared with the assistance of Nathaniel Lande and author and chief researcher of Mindstyles, Lifestyles (Price/Stern/Sloan,)

A Reading List

- Benson, Herbert. *The Relaxation Response*. (New York, Avon, 1976, \$1.95). Facts about stress and hypertension are combined with simple techniques for daily meditation.
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score board

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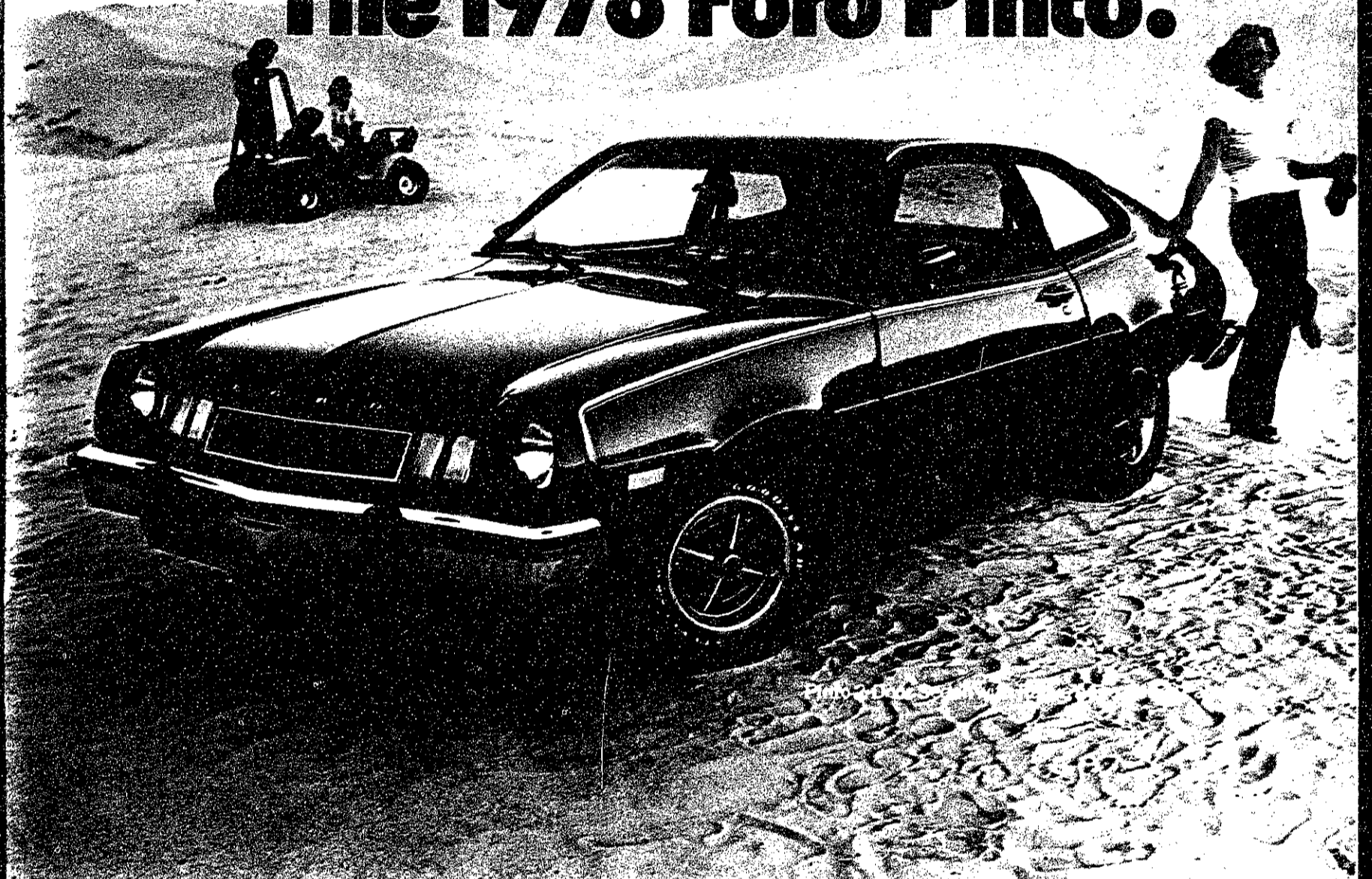
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Economy with kicks. The 1978 Ford Pinto.



Who said economy cars have to look cheap?
Pinto is loaded with style—dazzling colors, options, and performance that really steps out.
See your Ford Dealer for the economy car with kicks.

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75th ANNIVERSARY

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More Power to You!

Beat Fatigue with This High-Energy Rx

Diana Dynamo is the kind of person who leaps out of bed at 7 a.m., jumps into the shower, and positively bounces into her 8 o'clock class. Aha, you say, a morning person. Not so. Diana Dynamo is a perpetual motion machine, all day long. She is always bursting with energy, alive and animated, sparkling with wit and full of good cheer. As evening falls and other mortals are winding down, D.D. is just getting her second wind. There's so much more to do—supper, visitors to entertain, Frisbee or soft ball games before dark, plus homework. And in her spare time, D.D. manages to devour an average of three movies and two books every week.

Where does she get all her energy, you wonder, as you drag out of bed, barely pull yourself together and heave your bone-tired body to class?

You may find this hard to believe, but you probably have just as much energy as Diana Dynamo. The difference is that D.D. is maximizing her personal energy supplies.

You can use your own energy resources to better advantage, too. The payoff is tremendous. When you drag, life drags; a good movie bores you, lively books put you to sleep, gourmet food tastes bland and your best friends seem irrelevant. But when you feel energetic, life is fun for you and you are fun for others.

Converting low-energy drag to high-energy enjoyment is not as simple as swallowing a pill or taking a patent medicine. Your personal energy is found, or lost, in many different aspects of your life.

To understand this, visualize yourself as a whole system. Just as in an ecological life chain, every part of your system is interlocked with other parts. A change in one affects others, and not always in obvious ways. It's pretty clear, for example, that getting less than three hours of sleep will leave you less than peppy the next day. But did you ever think that there could be a connection between fatigue and concerns about your love life? Or that a change in eating habits could possibly make you feel sleepy at odd times?

The links of your system that affect your energy level fall into three broad

components: the physical, the emotional and the attitudinal. Maximizing your personal energy means bringing all three components into harmony.

1. Get Your Body in Good Working Order

It's easy to see that your physical condition affects your energy level in a multitude of ways. For instance, doctors say that the people who are most likely to report fatigue are the very fat and the very thin—overeaters and undereaters. Overeating puts extra weight on your frame, which increases the burden on muscles and organs and tends to wear them out faster. Undereating short-changes the system of its basic needs for daily functioning. Crash diets or occasional fasts can be physically exhausting simply because they don't provide the system with enough energy supply to keep it going normally.

Quality counts as well as quantity. Junk food can provide quick bursts of energy. For more sustained efforts, though, such as a full day of attending classes or thinking through a term paper, your system needs protein and vitamins and minerals and all those other good nutrients.

Sleep also has a direct effect on energy. You need some, though it's impossible to say how much is enough and how much is too much. Everyone's sleep needs are different. To gauge what's proper for your system's needs, some experts suggest you keep a record of how much you sleep during a vacation period, when you're not tied down to a fixed schedule or an insistent alarm clock.

Air is a body fuel that most people take for granted. It is essential to the workings of all the internal organs, particularly the heart and brain. Obviously you're getting enough air to live on, but increasing your air intake makes the body organs work better and increases energy.

One way to enhance your air supply



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and 32nd with times of 17:40.0 and 18:53.3. Two of the more notable individual accomplishments of the day were Pete Billings's fifth place finish in the lightweight singles and Assistant Provost Hartley Rogers' third place finish in the veteran's singles.

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imize the Effects of Emo- train

ysical component of energy

is the most obvious, but often it is the least significant. Doctors estimate that four out of five patients who complain of fatigue are in fact complaining about an emotional problem, not a physical one.

Stress is a major factor. Stress is a necessary part of our lives and an important survival mechanism, but often it is channeled destructively into distress.

Like your prehistoric ancestors, you frequently respond to personal threats or loss with the "fight or flight" response—muscles tense, breath quickens, the heart pounds and adrenalin rushes into the bloodstream to provide extra strength. Unlike the cave dweller, you often have no outlet for this response—nowhere to run, nobody to fight. So stress stays inside, wearing you down not only as fatigue but also as headaches, ulcers, asthma, low back pain and heart disease.

Anxiety is closely related to stress. Everyone experiences anxiety at some time. You worry about things in the future, about what other people think of you, about whether you will succeed or fail, about how you measure up to others in looks or abilities (or energy level), about whether you are lovable and loving. Worrying takes a lot of energy. You may also feel it in such physical forms as nervousness, insomnia, irritability, lack of concentration or sexual dysfunction.

When anxiety turns into feelings of frustration or futility, the result is another emotional energy drain, depression. Depression may stem from

your attempts to lead an independent adult life, to be a good student, to be a social success, to live up to other people's expectations. When you feel helpless and worthless and lonely and beaten, you also feel exhausted. Depression often is manifest as a loss of interest in any activity, loss of appetite, headache, sleeplessness or nausea.

The emotional component of fatigue does not lend itself to quick fixes and instant cures (though some sufferers turn to drugs with exactly that in mind). But there are a few things that you can do to help release the energy you are investing in stress, worry and feeling blue.

One is exercise.

Stress that has no outlet leaves behind tense muscles, high blood pressure and shortness of breath. Exercise releases the "fight or flight" mechanism as it was intended to be released—fleeing down the cinder track, beating a tennis ball's brains out, taking a punching bag to lunch, swimming, or whatever happens to be your favorite vigorous activity. Exercise drains tension from the muscles and acts as a soothing tranquilizer (in addition to restoring alertness as mentioned earlier).

It also takes care of the high blood pressure and shortness of breath, if you exercise regularly enough to build up your heart and lungs. (This is covered in more detail in the article on page 4.)

Another way to counter stress is through relaxation. Deep relaxation techniques, such as those taught in yoga and Transcendental Meditation, turn off the "fight or flight" response by quieting the nervous system that triggered the response. At the same time, relaxation allows your mind a break. By taking a few minutes to let your mind go blank, you can release the energy that you were spending dealing with worry and depression. Practitioners of all the relaxation techniques claim they gain renewed alertness as well as physical rest.

3. Get Totally Involved in What You Do

The third component of personal energy, attitude, is probably the most crucial. It falls into place, however,

only if the physical and emotional components are in shape. It is attitude which separates the Diana Dynamos of this world from the rest of us. They always seem to be having fun. Even when they are elbow deep in "work," they take to it with the enthusiasm of children elbow deep in a mud puddle.

What makes something fun? Psychologist Mihaly Csikszentmihalyi recently theorized that we experience joy in those moments when we are totally involved in what we do—so involved that we lose all sense of time and of things going on around us. We even lose any sense of ourselves; we become one with the activity and experience a sense that everything is "right." He calls these moments "flow."

Psychologist Abraham Maslow called those moments the "peak experience" and noted that in those moments we become "spontaneous, coordinated, efficient" organisms functioning so effortlessly that we are almost playing.

Diana Dynamo is a powerhouse of energy because she is at play, not at work. That's easy enough to understand. You may be very tired from hours of studying biology, but notice how swiftly you find reserves of hidden strength when somebody suggests a spontaneous party!

More significant, perhaps, energy results from the ability to focus attention on one thing at a time. This is critical to the "flow" or "peak experience," and it's a difficult skill to master. You have plenty of energy, but most of the time it is being dissipated in several directions at once. While reading, you may be listening to the radio, waiting for a telephone call from a friend, worrying about your grades, planning your next weekend.

Boredom is an inability or unwillingness to become actively involved or totally immersed in anything. When you are bored, you feel alienated and apart. Boredom is terribly fatiguing.

Involvement and focused concentration are not fatiguing; they are vitalizing. They represent the highest use of energy—channeled full-strength without restraints.

To maximize your energy, you must either be able to commit yourself totally to the enjoyment of what you are doing or else do something that you can enjoy. But it's all interrelated to the physical and emotional components, too; you can't really concentrate all your attention on one thing if your energy is being sapped by worry or tension. And you won't have any energy to concentrate if you're not getting enough sleep, food and air.

Energy? You have lots of it. All you have to do is develop it. □

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be split into divisions con- n will play every other team ll yield a champion for each ing C-league, time permit- it between the division win- ie league champions of A- gain, time-permitting, some ong the best players in A- his is of lower priority than

Sailors outstanding, win Greater Bostons

By Audrey Greenhill

This past weekend the varsity sailing team gave its best performance of the season by winning the Oberg Trophy and placing second in two other major regattas.

Saturday, MIT hosted the Oberg Trophy, which is the Greater Boston Championship. Traditionally, seven Boston schools compete in three divisions, one Lark and two Tech dinghy. A good constant breeze prevailed throughout the regatta. Top honors were won in the Larks and one Tech division by skippers Elliot Rossen '79 and Lenny Dolbert '79 with crews Martin Prince '80 and Hoon Won '81. In the other Tech division, Bill Dalton '80 and crew Jordan Kriedberg '79 finished a respectable third. Tomorrow the team will be competing in the Schell Trophy, the New England fall championships.

A team of eight was sent to the Naval Academy in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greene '79 skippered the forty foot Luders yawls to a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Navy in the spring to represent New England in the Kennedy



The MIT women's crew who placed (from l. to r.) Cindy Cole '78; Mary '79; Diane Medved '80; Liz Fisher

MIT won

By Cindy Cole

Seeded 36th in a field of 40 crews, MIT's women cruised home to a strong fourth place finish in last Sunday's Head of the Charles Regatta, Wisconsin, the only college crew faster than MIT, finished in first place with a time of 18:06 minutes to MIT's time of 19:11. Second and third places were taken by Vesper, a Philadelphia Club crew and St. Catharines's, a Canadian club crew.

Among the many eights defeated by MIT were Radcliffe, Mount Holyoke, Dartmouth, Syracuse, BU, Brown, Cornell, and Pennsylvania. The memory of a race on the Connecticut River just two weeks ago in which Tech placed third behind Dartmouth and Mount Holyoke made this victory particularly pleasant.

Rowing in the eight were: Bow, Renee Roy '78; 2, Liz Fisher '80; 3, Diane Medved '80; 4, Robin Miles '78; 5, Joan Whitten '80; 6, Jane Deane '80; 7, Tom Law '80; 8, Steve Conner '80; 9, and Charlene Nonara '79.

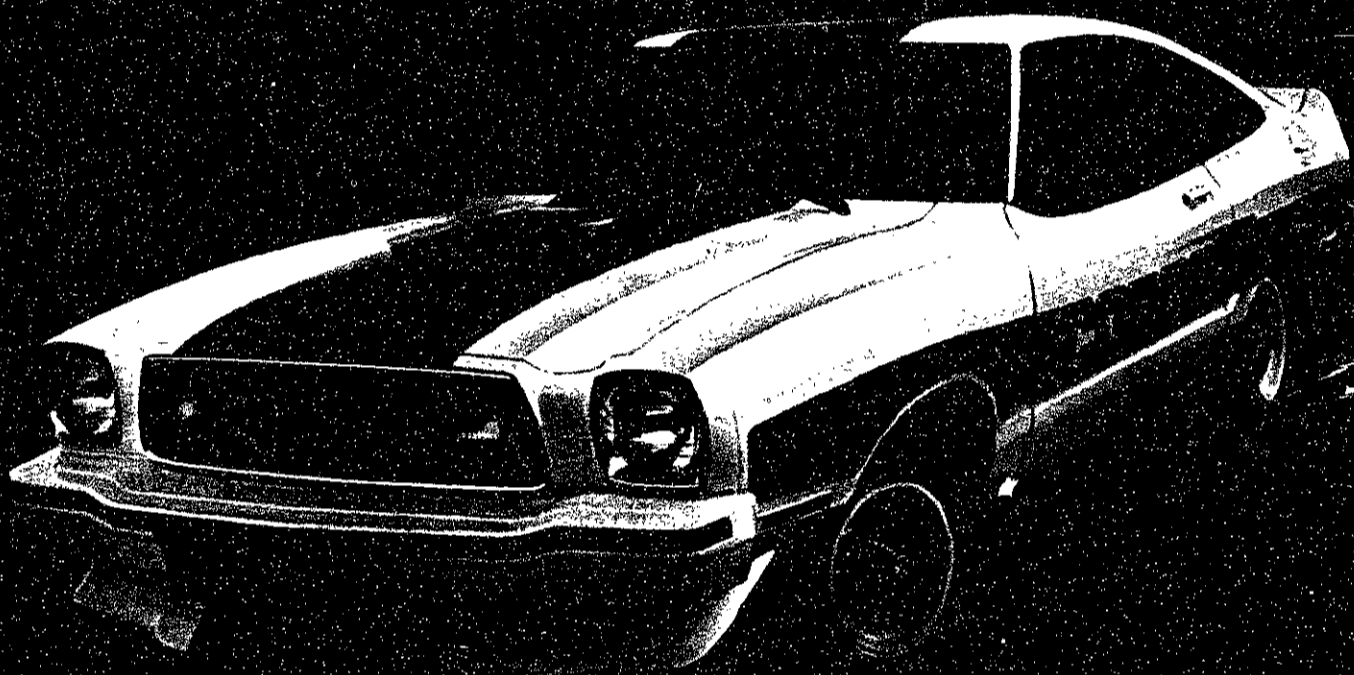
Entered by over 3,000 oarsmen and women, the Head attracts

Cup, a national competition.

The Smith Trophy was hosted by MIT on Sunday. Twenty schools competed, making it the



Cobra II bites man.



Both live.

And once bitten, there is no known cure except a long, quick drive down a snake-like road where Cobra II can show off its rack and pinion steering. Not to mention the slithering four-speed stick-shift, and 2.3 litre engine. And with front, rear spoilers, black louvered back lite and quarter windows, hood scoop, sporty tires, wheels (car shown with optional aluminum wheels) and stripes, this is one snake that doesn't have to shed its skin. So if you're looking for some snake bite remedy, see your local Ford Dealer.

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Billings's fifth place finish in the lightweight singles and Assistant Provost Hartley Rogers' third place finish in the veteran's singles.

score board

Sunday

Sailing 2nd in McMillan Cup
Sailing 2nd in Smith Trophy
Women's sailing 2nd in Victorian Coffee Urn

Tuesday

Volleyball 2, Wheaton 0
Volleyball 2, UNH 0
Tufts 2, Soccer 1

of boats in a race from one school, a women's eight rowed in the men's junior eight event finishing 36th. One four, in the women's four event finished 26th and another four, racing with the lightweight men finished 35th.

Coach John Miller '74 says that the crew is beginning to row well. "We are nowhere near the level of conditioning we should reach by the Spring racing season," he added. Part of the improvement in this year's varsity team is due to the strong freshmen squad which Coach Doug Looze '74 developed last year.

Several of the varsity men's boats did very well. Finishing

teams would play other teams. Second, since it would consist of teams playing matches against each other, it would encourage spectators from the team playing to watch the games. Third, it would, at least to some degree, alleviate one of the problems associated with the championship this year — the large numbers of games which the players have to play in quick succession as they reach the higher levels of the tournament. One of the doubles champions remarked that he was forced to drop out of singles competition after hurting his shoulder during his sixth match of the day.

The alternative is this. Each league will be split into divisions consisting of four teams. Each team in a division will play every other team once for a total of three games each. This will yield a champion for each division. Then, within each league (including C-league, time permitting,) there will be a round robin tournament between the division winners. This will yield league champions. The league champions of A-league will be the intramural champions. Again, time-permitting, some sort of single elimination tournament among the best players in A-League might also be good, but I feel that this is of lower priority than the team championship play.